

## “THE PPE (PM&R PANDEMIC ELIXIR)”

—Dr. Michelle Gittler’s special cocktail recipe:

**1 Tbsp** honey

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**1 Tbsp** freshly squeezed lemon juice

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**1 shot** (3 Tbsp) whiskey

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Fill a glass to the top with ice. Mix the honey and lemon juice (feel free to warm the honey and lemon juice together to combine more easily). Pour honey and lemon juice mixture into the glass; swirl to cool. Add whiskey; stir and add a sprig of rosemary or thyme (we know how much Dr. Gittler loves her garden).



## “THE PPE (PM&R PANDEMIC ELIXIR)”

—Dr. Michelle Gittler’s special mocktail recipe:

**1 Tbsp** honey

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**1 Tbsp** freshly squeezed lemon juice

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**1 cup** of black tea

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**Splash** of vanilla

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Brew a cup of black tea and mix in honey to taste while it’s still hot. Cool the tea by shaking or mixing with ice; or leaving in the fridge. Mix with lemon juice; add a splash of vanilla; and garnish with a sprig of rosemary or thyme (we know how much Dr. Gittler loves her garden).

**MOCKTAIL  
VERSION**

