

Turmeric Tea is for Me!



Prep and cook time: 20 minutes | Serves 4

Ingredients

- 4 cups water
- 1 teaspoon turmeric powder (or a 3-inch strip fresh turmeric root, peeled)
- 1 teaspoon ginger powder (or a 4-inch strip fresh ginger root, peeled)
- Raw Honey, to taste
- Lemon slices, or the juice of a full lemon (to taste)

Directions

Put water into a small pot and bring to a boil on the stove. Make sure that the water has come to a full boil. Add turmeric and ginger to the boiling water and reduce to simmer for 8 to 10 minutes.

This will extract the beneficial compounds from the turmeric and ginger. Remove the pot from the stove. Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger.

Add sweetener and lemon to taste.