

INGREDIENTS

- 2 cups Water
- ½ tsp Ground Turmeric
- ½ tsp Ginger, fresh, copped
- ½ tsp Cinnamon, optional
- 1 pinch of Black Pepper
- 1 tbsp Honey or Maple Syrup
- 1 Lemon Wedge

DIRECTIONS

1. Grate fresh ginger.
2. Bring water to a boil in a small saucepan. Add turmeric, ginger, and cinnamon.
3. Reduce heat to medium-low and simmer for 10 minutes.
4. Strain tea into a large glass. Add honey and lemon wedge.
5. Enjoy!

Tips:

Black pepper helps with the bioavailability of the turmeric meaning you absorb more!



Make Your Own Herbal Tea

*Fall 2019 Cooking Class |
Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:
1-2 Servings

Prep Time:
5 Min

Cook Time:
10 mins