**Make You Own Herbal Tea**



**Ingredients:**

2 cups water

1/2 teaspoon ground turmeric

1/2 teaspoon chopped fresh ginger

1/2 teaspoon ground cinnamon (optional)

1 pinch black pepper (optional)

1 tablespoon 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!

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