**Turmeric Ginger Tea**

**Ingredients:**

4 servings

4 cups water

3-4 in pieces of fresh turmeric, thinly sliced

2 inch pieces of fresh ginger, thinly sliced

2 tbsp honey or agave syrup

Juice of ½ orange, lemon, or lime

A pinch of salt

A pinch of black pepper

**Directions:**

1. Place ingredients in a medium pot.
2. Bring to a boil.
3. Reduce heat to low and let simmer for 5 minutes.
4. Remove from heat and let cool
5. Drink warm or let it cool and have a refreshing cold tea.