Turmeric Ginger Tea with Lemon & Honey

Prep & Cook Time: 20 minutes  Makes: 4 cups

Made with powerful antioxidants and anti-inflammatory ingredients, this cancer-fighting, anti-inflammatory tea is great to sip on anytime – hot or cold. Detox your liver, reduce inflammation, boost your immune system, ease pain, and reduce nausea and digestive disorders – all in a simple cup of tea!

Ingredients

- 1 tsp ground turmeric powder (or 1 Tbsp grated fresh turmeric)
- 1 tsp ground ginger powder (or 1 Tbsp grated fresh ginger)
- Freshly ground black pepper, a few grinds
- 4 cups water

For each 1 cup serving, add:

- the juice of half a lemon
- ½ tsp raw honey, more or less to taste

Optional ingredients

- Add cinnamon, cardamom and/or cloves while simmering for a chai-like tea

Directions

1. Combine turmeric, ginger, pepper and water in a pot on the stove. Gently bring to a boil. Reduce heat, cover and let simmer gently for 10-15 minutes.

2. Let cool slightly (covered) and then strain through a fine-mesh strainer.

3. For each 1 cup serving, add lemon juice and a bit of raw honey just before drinking.

4. Enjoy as a soothing hot tea or as a refreshing cold tea.

5. Store any extra in a covered glass jar in the fridge.

Golden Turmeric Milk

In place of all or part of the water, use almond, hemp or coconut milk to make a soothing, warm turmeric milk. (Leave out the lemon juice.)

Nutritional Value of Select Ingredients

Turmeric – This bright yellow member of the ginger family has a long list of health benefits. It is a powerful anti-inflammatory, antioxidant, and anti-cancer spice. Add it to soups, sauces, eggs, salad dressing, rice and pasta dishes – it has a strong colour but not a strong taste.

Ginger – This root is an excellent remedy for nausea, morning sickness, upset stomach, indigestion, vomiting, motion sickness, and cramps. It helps to lower blood pressure, reduce fever and prevent internal blood clots. Very medicinal, yet tasty!

Black pepper – Black pepper enhances the bioavailability of curcumin, the active cancer-fighting ingredient in turmeric.

Lemon juice – With its antibacterial properties and high levels of vitamin C, lemon juice is well known for its antioxidants and anti-cancer properties.