# Turmeric Ginger Tea with Lemon & Honey

**Prep & Cook Time:** 20 minutes  
**Makes:** 4 cups

This tea, made with ingredients that provide antioxidants, anti-inflammatory and cancer-fighting properties, may help to reduce inflammation, support your immune system, ease pain and reduce nausea. Delicious hot or cold!

## Ingredients

- 1 tsp ground turmeric powder  
  (or 1 Tbsp grated fresh turmeric)
- 1 Tbsp grated fresh ginger  
  (or more to taste)
- 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 milk or milk alternative 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 due to its anti-inflammatory and antioxidant properties. Add it to soups, sauces, eggs, salad dressing, rice and pasta dishes – it has a strong colour but not a strong taste.

**Ginger** – Fresh ginger contains several phytonutrients that may help to reduce inflammation and protect against cancer. Fresh ginger may also help with to reduce nausea and vomiting whether due to treatment, motion sickness or the flu.

**Black pepper** - Black pepper enhances the bioavailability of curcumin, the active ingredient in turmeric.

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*Note: This information is not intended as medical advice or nutrition therapy.*

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