

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.

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



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