
TURMERIC AND GINGER TEA

RECIPE





Turmeric and Ginger Tea

This is a very simple way of making your own tasty and healthy tea.

You need a piece each of turmeric root and ginger root, (approximately 2 inches/5cm). Peel and chop it. The amount you see on the picture is what I use for 2 liters of tea. If you like it stronger you can add more.

You can either add lemon zest or a slice of lemon. Option to put the ingredients in a pot, cover with water and bring to the boil, then strain; or add the ingredients into a tea strainer and pour boiling water over it. Steep for 5 to 10 minutes.

Serve with a slice of lemon and/or a little honey.

Enjoy!

Hints: Wear gloves to handle the turmeric.

Any left over tea can be stored in the fridge and enjoyed cold.

If you wish to add honey, do it while the tea is still hot.

Moves for a Better YOU



Holistic Health and Wellness Coach