

My Healthy Kitchen



Recipe: GINGER TURMERIC TEA



+ 1 fresh lemon
sweetener

Ingredients: 1/4 inch slice ginger (1 tablespoon powdered)

1/4 inch slice turmeric (1 tablespoon powdered)

Dash cayenne pepper

Herbs/Spices: ginger, turmeric, cayenne pepper

Preparation:

cut several 1/4 inch slices of both roots keeping
the skin on), add the fresh juice
of a lemon and a dash of cayenne pepper.
I might also add in some green tea to the mixture.
You could also add a sweetener.



Benefits: Ginger: an anti-inflammatory Turmeric: boosts overall immunity

Notes Boosting Immunity

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Ingredients: _____

Herbs/Spices: _____

Preparation:

Benefits: _____

Notes