

Turmeric Elixir



Drink warm, first thing in the morning on an empty stomach for optimal digestion and cleansing. Or, midafternoon for a fat burning, energy boost to pull you from that mid-day slump!

15 mins

TOTAL TIME

5 mins

PREP

3 cups

YIELD

Recipe by [Cassie, Simple and Well](#)

Ingredients

500ml filtered water

½ fresh lemon juice

1 knob fresh ginger (about 2 tbsp grated)

1 knob fresh turmeric (about 2 tbsp grated)

1 stick fresh cinnamon grated or 1tbsp ground cinnamon

1 tbsp Apple Cider Vinegar

½ tsp cayenne pepper

½ tsp peppercorns or cracked black pepper

1 tbsp Drizzle Honey Turmeric Gold

Directions

1. Bring all ingredients to a boil except honey.
2. Strain, stir in honey!

Did you make this recipe?

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