



Turmeric & Ginger

Anti-Inflammatory Tea

Yields: Roughly 5 cups of concentrated tea or 20 servings

Ingredients:

6 cups of water

2 tsp of ground turmeric (or 3" fresh turmeric, sliced)

8" of fresh ginger root, sliced

1 tsp ground cinnamon

1/2 tsp cayenne pepper (optional)

1. Place the water, fresh ginger, cinnamon sticks (if using ground cinnamon, add in step 2) and fresh turmeric (if using) into a deep pot and set to high.
2. Once the mixture comes to a boil, reduce to a simmer and cook for 20 minutes.
3. Add the rest of the ingredients and simmer an additional 5 minutes.
4. Remove from heat and cool until your able to handle.
5. Strain mixture through a fine mesh strainer or cheese cloth. Store the mixture in the refrigerator until use.
6. To serve, warm 1/4 cup of the mixture with hot water or milk of choice.

*Serving Suggestion: Add honey and/or lemon when serving