Turmeric Tea

Ingredients
- 3 C water
- 1 inch fresh ginger root, peeled and minced
- 2 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 lemongrass tea bag

Optional additions
- 6 peppercorns
- A slice of orange
- 1 tsp honey
- lemon juice
- 1 tsp coconut oil

Making it
1. In a pot or kettle, bring water to a boil.
2. Add ginger, turmeric, cinnamon and any optional items, let steep for 10-15 minutes. Add tea bag and serve

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size: 2</th>
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<tbody>
<tr>
<td>Calories (kcal): 15</td>
<td></td>
</tr>
<tr>
<td>Fat (g): 0</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate (g): 0</td>
<td></td>
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<tr>
<td>Fiber (g): 0</td>
<td></td>
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<tr>
<td>Protein (g): 0</td>
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</tbody>
</table>

TIPS & HINTS
Some turmeric is more bitter than others. You might need to add more honey to make the tea less bitter.