

Turmeric and Ginger tea

The ultimate immune support anti-inflammatory tea

Ingredients

- 1 tsp Turmeric root (not ground powder)
- 1 tsp Ginger root (not ground powder)
- 1 tsp Coconut oil
- 1 dash Fresh ground pepper (to increase the absorption by 200%)
- 1 tsp Raw honey

Directions

1. Grate 1tsp of BOTH Turmeric and Ginger for each cup of tea you will make and add to a large pot
2. Add water to the pot (as many cups as you want to make into tea)
3. Bring it to a boil and then simmer for 10 minutes
4. Leave the lid on to steep
5. Add 1 tsp of coconut oil and honey and 1 dash of pepper for each cup
** the dash of pepper is to be added to each cup, not the whole pot if you make more than 1 cup at a time**

Enjoy!

This can be made in large amounts and reheated as needed