

Turmeric Ginger Tea

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups boiling water
- 1/4 tsp turmeric powder or 1 inch fresh turmeric root
- 1/2 tsp ground cinnamon
- 1 tsp ground ginger or 2 inches fresh ginger root
- 1 tbsp coconut oil or coconut butter
- Option: 1/2 cup nut milk
- 1 tsp unpasteurized honey

Instructions:

1. Add 2 cups of boiling water to your blender.
2. Add turmeric, cinnamon, ginger and blend.
3. You may wish to strain the mixture into your cup with a wire mesh strainer but you don't have to if you don't mind you'll have some grit in the bottom of your cup.
4. Add honey, coconut oil or coconut butter to your desired amount. Add coconut milk if using.

Notes:

Please use all organic spices. Fresh is even better if you've got it! The recommended measurements I've provided make a potent flavour, so cut back if this is a new recipe for you! Serves 1-2