

Turmeric Tea

I first discovered turmeric when I wanted to incorporate more anti-inflammatory foods in my diet. I then found this recipe and just love it!

Ingredients

- 1 tsp cinnamon
- pinch of clove
- pinch of nutmeg
- 1 tsp fresh ginger (optional)
- 1 tsp turmeric (or more if you can handle it)
- 1-2 cups of water
- raw honey to sweeten
- milk substitution of choice
(I like fresh coconut milk or unsweetened almond milk or even hemp milk)



Directions:

- Simmer herbs and water together for about 10 minutes.
- Strain the liquid and add raw honey and milk.
- Enjoy!

