Healing Ginger-Turmeric Tonic

Just a handful of ingredients make this delicious tea great for colds, digestive issues, detox days and anti-inflammatory needs.



INGREDIENTS

- [ ] 2-3 fingers of ginger root
- [ ] 2 fingers (small) of turmeric root
- [ ] Fresh mint leaves (small bunch, at least leaves)
- [ ] 1 lime, juiced or squeezed
- [ ] 1/4-1/2 tsp. raw camu camu powder
- [ ] 1 qt. purified water

DIRECTIONS

- [ ] Peel ginger and turmeric root fingers.
- [ ] Pour 1 qt. purified water into pot, place on stove and turn up to medium heat
- [ ] Add ginger and turmeric, bring to boil for 5 minutes.
- [ ] Turn down heat and let simmer for 15-20 minutes.
- [ ] Turn off heat. Add mint leaves. Let stand to cool down. Strain into bowl or mason jar(s).
- [ ] Mix in fresh lime juice and camu camu powder. Sip at lukewarm to room temp with a mint leaf and/or add honey if desired.

BENEFITS

- [ ] Ginger - calms coughing, soothes the tummy!
- [ ] Turmeric - anti-inflammatory, anti-oxidant
- [ ] Mint - boosts respiratory health, aids digestion
- [ ] Lime - expectorant
- [ ] Camu Camu - packed with Vitamin C, potassium. Boosts the immune system and prevents viral infection.

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