

Immune-Boosting Turmeric Tea

Ginger-



Boost Your Immune System with Ginger-Turmeric Tea

I love this easy to make tea during the flu season. Ginger boosts digestion and boost immune system, turmeric is great for cramps, inflammation, body aches. Honey helps with sore throats. But the goal is to boost the immune system and to avoid severe symptoms of any flu or cold that may hit my house

this year.

Ingredients:

1-2 inches raw ginger
1-2 inches raw turmeric
1/2 tsp peppercorns
honey and lemons to taste

Directions:

Thinly slice 1-2 inches of turmeric and ginger, combine with peppercorns, and simmer the mix with 1 quart of water for 20-30 min. Cool, drain, and use as a concentrate diluting with hot/warm water to your taste.

The concentrate lasts 5-6 days in the refrigerator, so there is no need to make it every day.