

# ANTI-INFLAMMATORY TURMERIC TEA

## Ingredients:

- 1/2 Tbsp. turmeric powder
- 1 Tbsp. fresh ginger, thinly sliced
- 1 handful cilantro (coriander leaf), chopped
- 1 garlic clove, peeled and crushed
- 1 Tbsp. olive oil
- 2 lemons, juiced
- 5 peppercorns, whole (optional)
- 1 1/2 Tbsp. honey

Bring approx 1 litre of water to the boil. Combine all ingredient in a strainer or tea pot with a lid. Pour the boiling water into the pot and steep for 10 minutes. Strain and enjoy!

Note: not suitable for those on blood thinners