



Roxie's Anti-Inflammatory Turmeric Tea

Ingredients

4 1 Inch pieces of Ginger
¼ teaspoon ground Turmeric
¼ teaspoon ground Cardamom
Juice from ¼ Lemon
1/8 teaspoon Black Pepper (or less)
1/8 teaspoon Coconut oil / any amount of Avocado or other healthy fat

Directions

Add all ingredients into a cup. Pour boiling water into the cup and stir.

This tea can be enjoyed hot or can be stored in the refrigerator for up to 2 days and enjoyed at a later date. Many people prefer to strain the tea after chilling in the refrigerator and then enjoy a cup.

