



# Clean Eating

## HOMEMADE HEALTHY TURMERIC GINGER LEMONADE

### INGREDIENTS

- 4 cups water
- 1 teaspoon organic turmeric powder (or a 3-inch strip fresh turmeric root, peeled)
- 1 teaspoon organic ginger powder (or a 4-inch strip fresh ginger root, peeled)
- 1/4 teaspoon black pepper
- honey or dark-liquid stevia, to taste
- lemon slices, or the juice of a full lemon (to taste)

### METHOD

- Put water into a small pot and bring to a boil on the stove. Make sure that the water has come to a full boil.
- Add turmeric and ginger to the boiling water and reduce to simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger.
- Remove the pot from the stove. Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger.
- Add sweetener and lemon to taste.

### NOTES

We all need a daily dose of lemon water in our lives, but these healing roots make it all the more nourishing for the body.

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