

Anti-Inflammatory Iced Turmeric Tea



Prep Time

5 minutes

Cooking Time

10 minutes

Yields

32 oz

Ingredients

1 tbsp Turmeric

4 tbsp Honey

1 tsp Ginger

3 Lemons

A pinch of sea salt

Directions

Add hot water and steep for 10 minutes. Serve over ice and enjoy!

Notes

I like to put it in a growler so you can shake it up before you serve it over ice, as the turmeric will settle to the bottom.

Credit

Modified from Paleo Magazine