



# Lemon Turmeric Supreme

Serves: 12 servings

Active time: 30 min

Total time: 30 min

## Ingredients

6 cups water  
½ cup sliced fresh ginger  
1 ½ tsp ground turmeric (dried)  
1 bulb lemon grass  
6 lemons (to be used when preparing individual servings)  
1 Tbsp chopped Mint leaves (optional)  
Natural sweetener



## Directions

- Put the water, ginger, lemon grass bulb in a large saucepan. Bring to a boil over medium-high heat. Decrease the heat to medium-low and simmer for 15 minutes.
- Stir in the turmeric, pepper, and cayenne and simmer for 10 minutes longer. Remove from the heat, cool slightly, and strain. Pour into glass jars or storage containers. Seal tightly and store in the refrigerator. This will be your tea concentrate for the week.
- For individual servings, shake the concentrate, then pour ½ cup into large mug. Add 1 cup of boiling water and the juice of ½ lemon, sweetener and mint leaves.
- Serve.

PER 1 SERVING

Calories: 16