



Kale Blend

Ingredients

1 thumb size fresh turmeric, grated
1 cup fresh mint
¼ tsp peppercorns
½ cup lemon juice (fresh)
¼ tsp grated ginger
2 liters water
Maple syrup or another sweetener (as desired)
Ice cubes

Directions

1. Place water, turmeric and peppercorn in a pot.
2. Simmer for 5 minutes.
3. Add fresh mint and simmer for 2 more minutes.
4. Use strainer to remove ingredients from the brew.
5. Add lemon juice
6. Add sweetener as desired.
7. Serve hot or cold.



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