



# Turmeric Tea Supreme

Serves: 12 servings

Active time: 30 min

Total time: 30 min

## Ingredients

6 cups water  
1 orange, sliced  
½ cup sliced fresh ginger  
3 cinnamon sticks (optional)  
1 ½ tsp ground turmeric (dried)  
½ tsp ground black pepper  
6 lemons (to be used when preparing individual servings)



## Directions

- Put the water, orange slices, ginger, optional cinnamon sticks 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.

PER 1 SERVING

Calories: 16