



Turmeric is an anti inflammatory and antioxidant, which makes it a great way to boost your wellness



Delicious Turmeric Tea (golden milk)

- 1 small can of coconut milk (or cream) (or you can use all water)
- ½ - 1 cup of water
- 1 teaspoon turmeric (dried)
- 1 dessertspoon grated fresh (if available)
- 1 teaspoon cinnamon
- Pinch of black pepper (this is to increase absorption)
- ½ teaspoon fresh, peeled ginger root or pinch of dried ginger powder
- optional spices - 1 vanilla pod / pinch of cardamom / nutmeg / clove / cayenne pepper
- ½ teaspoon honey or maple syrup (optional)

Blend the ingredients in a high speed blender until smooth (eg a nutri bullet). Alternatively, you can pound the spices in a pestle and mortar. Pour into a small saucepan and heat over medium heat until it simmers for 5 minutes (but don't let it boil) and serve.

Simple turmeric tea

Add 2 cups of water, 1/2 teaspoon turmeric, and 1 teaspoon of grated fresh ginger (or 1/2 tsp of dried powder) to a small saucepan over a medium heat. Simmer for 5-10 minutes. Add a small amount of honey (if required) and a squeeze of fresh lemon