

IMMUNITY BOOSTING INFUSION



Ingredients:

- 2 slithers (2mm) fresh turmeric
- 2 slithers of (2mm) fresh ginger
- 1 slice of lemon
- 1/4 tsp Manuka honey

Method:

1. Prepare the lemon, ginger and turmeric and add to a tea infuser.
2. Pour boiling water over the tea infuser into a mug.
3. Let the ingredients brew for up to to 2 minutes and enjoy with Manuka honey!

Hint ** if using turmeric powder, mix 2 heaped tsps into 1/4 cup of water and pour into ice cube trays. Then, add one of these ice cubes to the mug as well as the infuser ingredients.

