GOLDEN MILK TUMERIC TEA

Immune boosting

Time
15 mins

Serves
1

Calories (per serving)
15

Carbs(per serving)
3g

Fat (per serving)
0g

Protein (per serving)
0g

Ingredients
- 1 cup water
- 1 tsp turmeric , or more to taste
- 1 small slice fresh ginger , peeled
- 1 tsp cinnamon
- 1 tsp stevia
- 3 tbsp almond milk
- pinch black pepper

Method
Simmer water with the ground turmeric, fresh ginger, cinnamon, and black pepper.
After ten minutes remove the slice of ginger.
Add almond milk and stevia if desired, serve immediately.
TIP: You can make double or triple the amount of turmeric tea and keep the remaining tea in the fridge and reheat it as needed over the next few days.

Recipe modified from www.noshtastic.com/