

TURMERIC TONIC

Has great anti-inflammatory properties and quick to make!!

INGREDIENTS:

- *2C coconut water or filtered water*
- *2T grated fresh turmeric or ½ - 1tsp of turmeric powder*
- *1T grated fresh ginger*
- *Juice from 1 lemon or orange*
- *1 organic carrot*
- *1T of Raw Honey or Pure Maple Syrup*
- *Pinch of black pepper*
Optional - a pinch of cayenne or cinnamon (not for Rosacea patients)

METHOD:

Mix all ingredients into a high-speed blender or Thermomix and blend until smooth. Drink as is or strain before drinking.

