

Turmeric and Ginger Lemonade



Enjoy this wholesome and refreshing drink. It's the fresh turmeric that really gives it a unique and earthy flavour.

Ingredients

1 tbsp fresh grated ginger
1 tsp fresh grated or ground turmeric
3 cups water
4 lemons juice
1 tbsp honey
Pinch of black pepper

Method:

1. Bring the water to boil in a saucepan. Add the ginger, turmeric and black pepper and boil for 10 - 15 minutes, then set aside and allow to cool.
2. Strain mixture with a strainer and combine in a jug or large jar with lemon juice and honey.

3. Stir and place in the refrigerator to chill before serving.