

# Turmeric & Ginger Refresher

*This refresher is a great option for a low-calorie, low sugar beverage. You can either have it as a refreshing drink on a hot day or something to warm you up on a cool night.*



YIELD	PREP TIME	TOTAL TIME
6-8 SERVINGS	10 MIN	15 MIN

## INGREDIENTS

### For Hot Tea:

2 inches	Turmeric Root, peeled and sliced
2 inches	Ginger Root, peeled and sliced
1 each	Lemons, sliced
12 each	Peppercorns
1 Tbsp	Honey
6 cups	Water

### For Lemonade:

3 each	Lemons, juiced
1 cup	Water
1 Tbsp	Honey (if needed for extra sweetness)

## CHEF'S NOTES

While adding peppercorns to these drinks may seem odd, there is a reason. Turmeric has a small amount of the active ingredient curcumin. Curcumin has powerful anti-inflammatory effects and is a very strong antioxidant. While curcumin is poorly absorbed into the bloodstream, consuming black pepper along with it will enhance the absorption of curcumin by 2,000%. And the small amount we've added won't taste peppery!

You may want to wear gloves when handling fresh turmeric as it can stain your hands and work surface/equipment.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. To make the Hot Tea: Add ingredients to a medium saucepan and bring to a boil over medium high heat for about 30 seconds to 1 minute. Remove from the heat.
3. Strain the liquid and pour into mugs and enjoy!
4. To make the Lemonade: After straining the tea mixture, set it aside to cool.
5. Once liquid has cooled, add in the extra lemon juice, water and honey. Pour over ice and enjoy!

For the Hot Tea Preparation:

Nutrition Facts	
6 servings per container	
<b>Serving Size</b>	<b>8 ounces Hot Tea (258 g)</b>
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value *	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 5g</b>	<b>0%</b>
Dietary Fiber less than 1g	<b>2%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 0g</b>	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	3%
Potassium 43mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

For the Lemonade Preparation:

Nutrition Facts	
6 servings per container	
<b>Serving Size</b>	<b>10 ounces Lemonade (343 g)</b>
Amount per serving	
<b>Calories</b>	<b>40</b>
% Daily Value *	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein less than 1g</b>	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.75mg	4%
Potassium 100mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

