

Turmeric Tea Brew



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Tomek Malek

- Sub Category Name
Drink
Mocktails/Iced Tea
- Recipe Source Name
Immunity Inspired by Tea Recipes
- Activities Name
Immunity Inspired by Tea Recipes

Used Teas



Exceptional English Breakfast

Ingredients

Turmeric Tea Brew

- 80 ml Warm (not hot) Dilmah English breakfast
- 30 ml Turmeric, ginger honey syrup**

Syrup recipe:

- 200 ml Bee's honey

- 10 pieces of Grated Turmeric
- 10 pieces of Grated Ginger
- Full bar spoon of Ground Turmeric
- 20ml Lemon Juice
- 40ml Fresh Carrot Juice

Methods and Directions

Turmeric Tea Brew

- Pour 30 ml of a syrup to warm (not hot) tea. Stir gently.
- Add all ingredients, stir gently and keep it in the room temperature for 2 hours

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