

Minty Turmeric Tea



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Deepak Gurung from Immunity inspired by tea challenge

- Sub Category Name
 - Drink
 - Mocktails/Iced Tea
- Recipe Source Name
 - Immunity Inspired by Tea Recipes
- Festivities Name
 - Autumn
 - Spring
 - Summer
 - Winter
- Activities Name
 - Immunity Inspired by Tea Recipes

Used Teas



t-Series Moroccan
Mint Green Tea

Ingredients

Minty Turmeric Tea



- 1 bag Dilmah's Moroccan Mint Tea
- A few Ginger slices
- A few Mint Leaves
- 15ml Lemon Juice
- Honey, to taste
- $\frac{1}{2}$ tsp Turmeric
- 2 cups Water

Methods and Directions

Minty Turmeric Tea

- First, brew your tea in a cup of hot water and into a pot with all other ingredients (except the honey) and boil for 5-7 minutes.
- Take off heat and serve warm with honey for sweetness or refrigerate after mixing in the honey and serve chilled.