

# **Spicy Ginger-Turmeric Antioxidant Tea**

Tea can be an incredibly easy drink to make, and it's incredibly good for you, too. Simply bring together and boil a combination of fresh and powdered spices for a nourishing drink that awakens your senses *and* supports your health.

## **Ingredients**

2 cups water  
¼ tsp. turmeric powder  
1" piece of ginger, diced, or 1 tsp. ginger powder  
1 garlic clove, diced, or ½ tsp. garlic powder  
1 lemon or food-grade lemon essential oil  
Dash cayenne pepper  
Optional: raw honey (a very small amount)



## **Directions**

1. In a saucepan, combine water, turmeric, ginger, cayenne and garlic and bring to a boil. Reduce heat to medium; simmer for seven minutes.
2. To serve, strain tea into a cup.
3. Stir in fresh lemon juice or lemon essential oil and honey.
4. Drink tea warm.

Source: [vitacost.com](http://vitacost.com)