

# 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.