

turmeric tea

Makes 8 cups

RECIPE FROM: [101 Cookbooks](#)

PREP TIME: 45 minutes

½ cup raw local honey

2½ teaspoons dried turmeric

lemon

lots of freshly ground black pepper

WORK the turmeric into the honey until it forms a paste. You can keep this on hand, in a jar, for whenever you'd like a cup.

FOR each cup of tea, place a heaping teaspoon of the turmeric paste in the bottom of a mug.

POUR hot (but not boiling) water into the mug, and stir well to dissolve the turmeric paste.

ADD a big squeeze of juice from a lemon and a good amount of black pepper.

STIR often as you drink so all the good stuff doesn't settle to the bottom or top.

