

# Turmeric Tea

Leading Lady Solutions

Servings:  
4 Cups

## Ingredients

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- 4 cups of water
- 2 Tbs of ground turmeric

## Tools

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- *Optional:* fine sieve for straining

## Directions

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1. Bring four cups of water to a boil.
2. Add ground turmeric
3. Reduce heat and simmer for 10 minutes
4. Cool then strain if preferred
5. Store in mason jar in fridge.
6. Shake jar before each use
7. Drink warm or iced

## Notes

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Here are some ways I enjoy my turmeric tea

- I typically add 2oz of turmeric tea to 16oz of water
- You can strain the tea through a fine sieve (though I tend to just drink the spice entirely)
- Add honey or stevia and/or lemon to taste
- Drink up to 2x a day

**Tip:** To get the full benefits from curcumin, you will want to look for a turmeric extract with at least 95% curcuminoids that contains only 100% certified organic ingredients.

**Tip:** Be careful when working with turmeric as it can stain surfaces.

