

# Tumeric, Ginger & Lemon Beverage

## Ingredients

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- 2-Quartz water
- 4-slices fresh gingerroot
- 1-tbsp ground tumeric
- 1-2 lemons, sliced

## Directions

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1. Combine all ingredients in a large glass pitcher
2. Cover & refrigerate for 12-24 hours.

## Notes

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This beverage is refreshing & offers some unique health benefits.

Tumeric & ginger both contain strong anti-inflammatory properties.

You may also experience some digestive comfort from the ginger due to its soothing effects on the GI tract.

