

## Turmeric Ginger Tea

- 1 ½-inch turmeric root cut into small pieces (or 1 tsp. ground)
- 1 ½-inch ginger root, cut into small pieces
- 3-4 slices of lemon
- 4 cups of water
- Maple syrup or honey, to taste

Bring turmeric, ginger, and water to a boil. Reduce heat to low and a simmer for 10 minutes. Strain tea; add lemon slices and sweetener, if using. Tea may be consumed hot or cooled.

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## Orange Ginger Tea

- 4 bags tea, chamomile or honeybush
- 1 medium orange, peel only
- 1 tbsp ginger, freshly grated
- 4 cups boiling water

Bring water to a boil and place 4 tea bags in a large pitcher. Meanwhile, carefully use a peeler or sharp knife to remove the orange part of the orange peel, avoiding the white pith. Place the grated ginger and orange peel on top of the tea bags in the pitcher. Pour boiling water in the pitcher and let steep for 10 minutes. Serve hot or chilled.

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## Lemon-Ginger Brew

- 6 cups water
- 8 ounces ginger, peeled and chopped
- ½-cup fresh lemon juice
- 1/3-cup maple syrup

Pulse ginger to coarse paste. Bring ginger and water to a boil; reduce heat and simmer down to 3 cups, about 30-40 minutes. Strain into a large jar and mix in lemon juice and maple syrup. This can be brewed 2 weeks ahead and kept in the refrigerator.

*For Berry-Ginger Lemonade:* Muddle 3-6 berries (strawberries, raspberries, blueberries, etc.). Add lemon ginger brew and stir well. Fill glass with ice and garnish with lemon slices.