

Better Vegan Turmeric Lemon Ginger Tea



Source: Better Vegan Category: Vegan Beverages
Prep Time: 10 min Cook Time: 0 min Total Time: 10 min
Serves 1

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Ingredients:

3-4 slices fresh ginger root
3-4 slices fresh turmeric root
Pinch of black pepper
Slice of lemon
Stevia to taste

Recipe Link:

[https://www.bettervegan
recipes.com/turmeric-
lemon-ginger-tea](https://www.betterveganrecipes.com/turmeric-lemon-ginger-tea)

Instructions:

1. Place ginger, turmeric and black pepper in a tea cup or mug and add hot water. Allow to steep for 3-5 minutes.
2. Add slice of lemon and stevia to taste and sip slowly.

Notes:

If fresh turmeric root is not available, use about 1/4 tsp. of turmeric powder.

Serving suggestion:

Can be also served with raw honey instead of or in addition to stevia.