



Turmeric Tea (With a twist)

Ingredients

- 2 cups water
- 1 lemongrass tea bag ✓
- 1 tsp turmeric ✓
- 1 tsp cinnamon ✓
- 1tsp honey ✓

Directions

1. Boil water in small saucepan.
2. Add turmeric and cinnamon.
3. Reduce heat and let mix simmer for 10 minutes.
4. Add lemongrass teabag and allow to seep for about 3 minutes.
5. Remove teabag and add honey.
6. Enjoy!

✓ Available for purchase in the PureFormulas Store

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