

INGREDIENTS

2 oranges

1 lemon

1 spoon of thyme

1/2 dessert spoon of turmeric

A generous piece of ginger

3 or 4 generous spoons of honey

PREPARATION

- ☐ Cut the orange, lemon and ginger into pieces and boil them in a small pot with water along with the thyme and turmeric.
- ☐ Boil everything for 5 or 10 minutes and remove from heat.
- ☐ Once it has lost a little heat, strain the infusion. Finally, add the honey and

dissolve it. It is very important that you do not add the honey at boiling temperature because it would lose part of its properties.