



Ginger Lime Tea*

Serving: 1

Veg

Ingredients

- -1 lime, sliced into large slices
- -1 small turmeric root, peeled and sliced into small pieces
- -1 piece of ginger the same size as the turmeric root, peeled and sliced into small pieces
- - mint leaves to garnish

Preparation Method

- -Place 1 lime slice along with all the turmeric and ginger pieces into a teapot.
- -Fill the teapot with boiling hot water.
- -Let the tea brew for 5 minutes.
- -Enjoy hot or let it cool and then chill the tea for an iced version