

Fiery Golden Mango Tonic Pitcher

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Ingredients

4 cups water  
2 inch fresh ginger, sliced  
4 bags chamomile tea or 2 tablespoons loose tea  
2 tablespoons honey use more or less to your taste  
1 teaspoon ground turmeric  
1/2 teaspoon ground cayenne pepper  
1-1 1/2 cups vodka (optional)  
1 cup pure mango juice  
1/3 cup fresh lemon juice  
2 tablespoons apple cider vinegar  
sparkling water, for topping

Process

Bring the water and ginger to a boil. Remove from the heat. Add the tea, cover and steep for 5-10 minutes. Strain the tea through a fine-mesh sieve into a large pitcher or glass jug.

To the pitcher, add the honey, turmeric, cayenne, vodka (if using), mango juice, lemon juice, and apple cider vinegar. Stir well. Taste, adding honey if needed. Chill until ready to serve.

Pour over ice. Top with off with sparkling water and add a shot of tequila, vodka, or gin if desired. Enjoy!

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: