

# Turmeric Cinnamon Tea

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**Prep: 2 Cook: 2 Rest: 3 Servings: 2**

## Ingredients

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- ¼ tsp ▶ Turmeric
- 1 tsp ▶ Honey
- 350 ml ▶ Water
- 1 ▶ Green tea bag
- 1 ▶ Cinnamon stick

## Instructions

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### 1. Add Ingredients

Add 1 cinnamon stick, ¼ tsp turmeric, 1 tsp honey, and 1 green tea bag to the boiling water.

### 2. Strain Tea

Strain the tea into a teapot or mug using a strainer to remove the tea bag and solids.

### 3. Serve

Serve immediately and enjoy your warm, immune-boosting tea.

### 4. Steep Tea

Remove from heat and let it rest for 2-3 minutes to allow the tea to steep. This helps to extract the flavors and benefits from the ingredients.

### 5. Boil Water

Heat 350 ml of water in a deep pan and bring it to a boil.

Source: <https://youtu.be/0JX4tyKn7NE>