

# How to make delicious healthy Turmeric & Ginger Tea

## You will need:

- 1 Green tea bag (or your tea of choice)
- Hot water
- 1 slice of fresh ginger
- 1 heaped tsp of turmeric
- 1 teaspoon of honey (or more/less depending on how sweet you like it)



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## Instructions:

- Step 1.** Fill the kettle with water and bring to the boil
  - Step 2.** Place the green tea bag in a mug, cover with hot water and allow to brew for 3 minutes
  - Step 3.** Place the turmeric, honey and ginger into a blender. Here I use a vitamix or a magic bullet
  - Step 4.** Take the tea bag out of the cup and throw away (unless you can think of another use for it)
  - Step 5.** Add the green tea liquid to blender together with the other ingredients
  - Step 6.** Blend on full power for 2 minutes\*
  - Step 7.** Breathe deeply and visualise the wonderful nutrients that are about to flood your system. Enjoy the drink
- Optional\*** If you're pushed for time, you could do 10 squats or push ups whilst the blender is on to get another healthy habit ticked off