

Tumeric Health Tonic

By Sophie Edwards of food blog the invisible cook



Turmeric has great anti-inflammatory and antioxidant properties and is wonderful for settling an upset stomach. When served with black pepper the bio-availability of curcumin (its active ingredient) is 100x times more effective. It is easily grown in any Darwin garden in a

Ingredients

- 1** tablespoon powdered turmeric
- 2** tablespoon fresh grated turmeric
- 3** tablespoons fresh grated ginger
- A** handful freshly cut lemongrass
- 1** tablespoon pepper corns
- 2** litres of boiling water

Tumeric Health Tonic

Place all of the ingredients in a large bowl or glass jug and pour over boiling water.

Allow to seep until cool and drain off the liquid and keep.

You will end up with a rich tonic, that can be kept in the fridge.

To serve add two shots of tonic to a glass of water and serve with a squeeze of fresh lemon or lime.

