

Turmeric honey elixir

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Turmeric honey elixir

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Turmeric acts as a natural anti-inflammatory and can increase the antioxidant capacity of the body. Try it in this delicious juice drink.

Ingredients (serves 1)

- ½ tsp ground [ginger](#)
- ½ tsp ground [cinnamon](#)
- 1 tsp ground turmeric (or freshly grated if you can find it)
- ½ tsp black pepper
- 2 tbsp honey (preferably raw)
- 5 tbsp fresh orange [juice](#)
- 1 ½ cups boiled water, slightly cooled

Method

In tall glass, mix together the spices, honey and orange juice until well combined.

Add the warm water a little at a time, mixing until dissolved.

Enjoy before breakfast, with a slice of lemon if desired.

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Recipe and images by [Sally O'Neil](#)

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