

# Ayurveda Recipe - Turmeric Drink



## Ingredients

- 1 cup organic cow, goat, coconut, soy, nut or rice milk or water
- 1 teaspoon organic turmeric powder
- 1 finely crushed organic black peppercorn (piperine helps the body assimilate curcumin, which is the healing agent in turmeric)
- ½ - ¼ teaspoon organic cinnamon powder or a stick of cinnamon
- ½ - ¼ teaspoon organic ginger powder
- 2 organic cloves or ¼ teaspoon organic clove powder
- Pinch of organic saffron, crushed
- ¼ teaspoon organic cardamom powder, (optional)
- 1 teaspoon raw honey (unpasteurized, unheated, unprocessed), (optional)

Bring all ingredients to boil and then simmer for 5 minutes, stirring frequently (heat breaks down the turmeric, making it easier to digest). Remove from heat and wait until it is a drinkable temperature and then add honey (if using). \*Remember to never heat honey or it becomes toxic. ENJOY!

Note: Turmeric helps reduce inflammation and scar tissue in the body and brain.

