

# Immunity Wellness Tea

## (Makes 2 Servings)

### Ingredients

Fresh Turmeric, 1 tbsp (grated)

Fresh Ginger, 1 tbsp (grated)

Fresh Lemon (save 2 slices for serving)

Fresh Orange

G-Fresh Ground Cinnamon, 1 tsp

G-Fresh Cinnamon Quills (optional)

Wescobee 100% Pure Australian Organic Honey, 1 tbsp

G-Fresh Pepper

Boiled Water

### Equipment

Tea Strainer

Gloves (optional: to avoid staining on hands)

Large Mason Jar

Pouring Jug

### Method

Step 1

Grate your fresh turmeric & ginger and add into your large Mason jar.

## Step 2

Roughly chop up your lemon and add into the jar. Squeeze some of the juice from the fresh lemon into the jar also.

## Step 3

Roughly chop your orange and add into the jar. Add in your ground cinnamon & cinnamon quill, honey, and pepper.

## Step 4

Carefully pour boiling water into the jar until it nearly reaches the top. Give the ingredients a quick stir using a long spoon or knife.

## Step 5

Close/cover your mason jar lid and allow the ingredients & boiling water to sit for 5 minutes.

## Step 6

Open your mason jar after the 5 minutes and give another quick stir. Pour the ingredients & liquid out of the jar and through a strainer into a pouring jug.

## Step 7

Pour the liquid into your chosen serving mugs.

*Optional: If the liquid is quite strong, you can fill your mug roughly  $\frac{3}{4}$  of the way with the liquid and dilute the rest with boiling hot water.*

## Step 8

Add in fresh lemon slices to serve. **Enjoy!**



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*Pic for illustration purposes only. Recipe may vary in appearance to pic.*