



WINTER WARMER – CLEANSE & BURN

BENEFITS: Anti Inflammatory, Antioxidants, Soothing, Metabolism Burner, Blood Sugar Control, Aids Digestion, Immunity booster, fights off infection , lowers blood pressure, curbs cravings

INGREDIENTS:

- Slices of fresh turmeric root
- Slices of fresh ginger root
- 1 tsp of manuka honey / raw honey / local honey (**optional**)
- 1 tbsp Apple Cider Vinegar (ACV)
- Dash of Cayenne Chilli Powder or Black Pepper
- Warm Water (I add boiling and leave to cool while I am getting ready in the AM to infuse)

Grab your favourite mug and add all in. Sip and enjoy

TIP:

- Sometimes I juice a chunk of apple, ginger , turmeric root and add the juice into the drink instead of slices
- Great for morning but you can enjoy it at any time of day