

Turmeric honey elixir

Search:

- [Drink](#)
- [Recipes](#)

Turmeric honey elixir

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```



Rate this recipe

1 person is cooking this [Count me in](#)

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.

Turmeric honey elixir

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

NEXT: [Anti-inflammatory smoothie](#)

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```