

# Ginger Tea

- Use high quality, heat retaining stainless steel pot larger than 1 gallon
- Boil 1 gallon of water with lid on;
- Add ½ - ¾ pound of sliced ginger (remove outer skin – using a peeler is easiest)
- Add 1/8 – ¼ pound of sliced Turmeric Root (remove outer skin using peeler)
- ¼ - ½ tsp ground black pepper (dramatically enhances absorption of turmeric)
- Lightly boil for 5 minutes
- Turn off heat and keep off.
- Add 3-5 organic green tea bags and steep for 5-10 minutes, then take out
- Let sit covered for 4-12 hours until cooled to room temperature
- Decant tea into glass jar or bottles (straining out the ginger root)
- Refrigerate and drink cold or re-heat.
- Drink 1-2 pint(s) per day