



Turmeric Tonic

makes about 7 ounces

- 2 ounces fresh organic turmeric
- 2 ounces fresh organic ginger
- 4 tablespoons fresh lemon juice
- 2 tablespoons maple syrup, preferably grade B
- 3 grinds black pepper
- 1 large pinch ground cayenne

Rinse fresh turmeric, pat dry and roughly chop. Run through your juicer and set juice aside. Do the same with the ginger.

In a small pitcher or shaker, combine 2 tablespoons of the turmeric juice (or substitute 2 teaspoons ground turmeric) and 3 tablespoons of the ginger juice with the lemon juice, maple syrup and 2 tablespoons of filtered water. Stir vigorously to combine, then add black pepper and cayenne, and stir again.

Drink straight or over ice. Keeps in an airtight container in the refrigerator for 2 days.