

CITRUS TURMERIC TEA

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 2 Whole Limes, scrubbed
- 1 Whole Lemon, scrubbed
- 1 Whole Orange, scrubbed
- 1 Tsp. Ground Turmeric
- 1 (2-in.) Piece Ginger, scrubbed and thinly sliced
- 5 Fresh Oregano Sprigs
- Hot water, for serving
- Honey, for serving
- Pinch Black Pepper



Instructions:

1. Slice the limes, lemon and orange into ¼-inch-thick rounds, leaving the skin on. Place the citrus slices in a medium pot and fill with 8 cups of water. Stir in the turmeric and black pepper. Bring to a boil over high heat. Lower to a simmer and cook for 5 minutes.
2. Remove from heat, and add the sliced ginger and fresh oregano. Cover and allow to steep for 10 minutes. Strain.
3. Serve hot in mugs, as 1-2 oz. portions, diluted to taste with more hot water and sweetened with a drizzle of honey.
4. Tonic can be cooled and stored refrigerated in an airtight container for up to 2 weeks. To reheat, portion the cold tonic into mugs and top with boiling water.

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