



## 10 Day Alkaline Challenge

### Menu Plan - Day 2 - Recipes

#### Drinks

##### Turmeric Ginger Tea

*Serves 6 or 6 helpings*

This is an easy, sunny drink, perfect for any morning. It wakes up your body gently with the aroma of fresh spices and alkalising lemon juice. Drink it hot to curb the winter chill. I have chosen this as the drink for the first day because it can be used for several mornings should you chose to do that.

Turmeric is known as the king of spices and has traditionally been used to cure many ailments, from skin problems to blood clots. Its is also a powerful anti-inflammatory agent. Fresh turmeric can be found in most supermarkets now as well as Asian stores and markets or organic grocery shops in the late summer, when its in season, but turmeric powder works really well too.

Every ingredient in this recipe can be adjusted to your taste, adding honey if you prefer a sweeter taste.



#### INGREDIENTS:

- 1 - 2 lemons, juiced or in slices
- 2 - 4 inch (5-10cm) piece fresh turmeric root, peeled and grated or sliced or 1.5 tsp turmeric powder
- raw honey to taste (optional)
- 1.5ltrs / 6 cups boiling water

## METHOD:

1. In a large heatproof saucepan or bowl, combine the lemon, turmeric, ginger and honey (if using). Pour the boiling water over the ingredients and stir well. Cover the pan or bowl and let the tea steep for about 10 minutes.
2. Ladle and strain the tea into mugs and enjoy it warm or let the tea cool completely, then store in a glass jar or bottle in the refrigerator. Leave in the pieces of lemon, ginger and turmeric (if using fresh) for further infusion. Strain the tis before each serving.