



Tumeric Ginger Lemonade

With us being in the cold, flu, and allergy season, trying to keep away from the sniffles from others can be a test. Having said that there are great home remedies that can help when you feel a little under the weather. Like my lemonade recipe below.

However, there are some tips you should still follow. Always remember to wash your hands with warm water and soap every chance possible. I walk with hand sanitizers and wipes when I am out and about, to clean off a shopping cart, after using the signature pen at checkout, holding a menu, even at the gas pump or shops and restaurants doors. YEP, that's me!

Here are some benefits of the ingredients used in this recipe:

Lemon: shrinks swollen throat tissues and help kill of virus cells, creates a friendly environment for beneficial bacteria in the intestinal tract that help support a healthy immune

system.

Honey: (Local) helps coat your throat

Ginger: reduces inflammation, good for the tummy, works in the digestive tract by boosting digestive juices and neutralizing acids.

Turmeric: reduces inflammation in a number of conditions

Ingredients

3 Cups water

1 Tbsp grated turmeric

1 Tbsp grated ginger

2 Tbsp lemon juice

3 Tbsp local honey

Directions

Combine all the ingredients in a blender.

Pour and serve.

Note: I used fresh turmeric, ginger, and lemon. Using the powder will not result in the same taste.

** I use organic ingredients.