

Turmeric & Lemon Morning Elixir

1 serving.

Prep Time: 5 minutes

Cook Time: No cooking

Ingredients:

1/2 of a lemon, squeezed for juice

1/4 – 1/2 tsp turmeric

1/2 tsp honey

1/4 tsp cinnamon powder

1 cup warm water and/or coconut milk

Preparation:

Mix the lemon juice, turmeric and honey into a cup of warm water or milk.

Stir ingredients well.

Add cinnamon on top.

Continue to stir your morning elixir as you drink it.