HEALTHY TIPS

DIY Turmeric & Ginger Iced Tea that Heals the Heart, Brain & Cells

By bestfolkmedicine · 15/11/2021 · 1 min read



Iced tea is an amazing drink, especially if it's a homemade one, that helps you support the health and functioning of your brain, heart, and all the cells.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Delicious, healthy, and refreshing, this easy-to-make turmeric and ginger iced tea is a wonderful and simple way to maximize the liquids in the body and reduce the risk of dehydration.

Dehydration has a lot of negative consequences, including reducing the proper blood flow, thickening the blood, increasing the blood pressure and bad cholesterol, etc. so it's not something that we should allow to happen.

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Water is the best way to hydrate the body, but other healthy liquids like this homemade ice tea can also help. They will help you reach your hydration goals without the need for unwanted calories. The flavor is delicious and not as plain as water.

You'll love it.

Let's check out the recipe together.

DIY Turmeric & Ginger Iced Tea Recipe

Needed:

1 cup of water + 3 cups of water

4 tsp of turmeric powder

4 tsp of dried ginger

¾ tsp of black pepper

¼ cup of honey

A jar

Prep:

Put the turmeric, ginger, and black pepper into a saucepan and pour one cup of water. Bring it to a boil and then lower the heat to a simmer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Simmer for a couple of minutes before you turn off the heat.

Add the honey and cover the saucepan. Leave it like that for an hour. If you want a stronger concentration, you can leave it overnight.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Then, with cheesecloth, strain the content for a smoother texture.

Store the liquid and make one drink at a time. Or, add the three cups of water and keep the iced tea like this in the jar in the fridge.

Sources:

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