

## Anti-Inflammatory Immunity Tea

### *Ingredients:*

1 mug or teacup  
2 lemon slices  
2 orange slices  
¼ teaspoon size chunk fresh turmeric  
¼ teaspoon size chunk fresh ginger  
¼ teaspoon ground cinnamon  
¼ tsp nutmeg  
**\*Note:** add a dash of ground ginger if you enjoy a richer ginger flavor!

### *Directions:*

- 1.) Place sliced lemon, orange, turmeric, and ginger in a mug or teacup.
- 2.) Pour hot water into the mug or teacup to fill it.
- 3.) Add spices and stir.
- 4.) Steep for 10 minutes.
- 5.) With a small strainer, strain ingredients into an empty mug. Enjoy!