



IMMUNE BOOSTING TONIC

1 Cup Water
1/4 teaspoon grated ginger
1/4 teaspoon grated tumeric (or ground)
1 teaspoon apple cider vinegar
Pinch of Cayenne Pepper
1 teaspoon maple syrup
Squeeze of Lemon

Add all ingredients but maple syrup to a pot and simmer for about 10 minutes so all flavours infuse. Strain and add the maple syrup.

Add more spice or lemon as required.

Note: I like to make a large batch, say a litre and will keep it in the fridge. This can be served warm or cold.

