**Ginger-Turmeric Herbal Tea**

2 cups water

1/2 teaspoon ground turmeric

1/2 teaspoon chopped fresh ginger

1/2 teaspoon ground cinnamon (optional)

1 tablespoon honey

1 lemon wedge

Bring water to a boil in a small saucepan; add turmeric, ginger, and cinnamon. Reduce heat to medium-low and simmer for 10 minutes. Strain tea into a large glass; add honey and lemon wedge.

<https://www.allrecipes.com/recipe/242148/ginger-turmeric-herbal-tea/?internalSource=hub%20recipe&referringContentType=Search&clickId=cardslot%201#>