



## Immune Boost Tea

4 servings  
20 minutes

### Ingredients

800 milliliters Water  
2 Navel Orange (half sliced, rest juiced)  
1 Lemon (half sliced, half juiced)  
10 grams Turmeric (fresh grated)  
1/2 serving Cinnamon Stick  
10 grams Ginger (fresh grated)  
5 grams Pink Peppercorn

### Nutrition

Amount per serving	
Calories	47
Fat	0g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	1g
Cholesterol	0mg
Sodium	6mg
Vitamin A	174IU
Vitamin C	46mg
Calcium	55mg
Iron	1mg
Vitamin B12	0µg

### Directions

- 1 Add water to saucepan, add everything except sliced fruit to the pan and heat gently for 15 mins - do NOT boil.
- 2 Sieve liquid and decant to a big jug. Add slices of orange and lemon to decorate.

### Notes

No fresh spices: Substitute for dried ginger and turmeric.  
Store: Chill and store in fridge for up to 3 days.