



## 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

### 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 an insulated jug or directly into mugs. 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.