



trifit

health. energy. performance.

Healing Rooibos Tea

4 cups (1L) water
4 tsp (20mL) loose rooibos tea, or 4 tea bags
1-2 lemon slices, seeds removed
2.5 to 5 cm piece turmeric root, peeled and thinly sliced
5 to 8 cm piece fresh ginger, peeled and thinly sliced
Sweetener, to taste (optional)

Bring the ingredients to a boil in a medium saucepan. Reduce heat to medium-low and simmer for 10 minutes, or longer if you like a strong brew. Strain through a sieve into a pitcher. Sweeten as desired. Serve warm or on ice.

Source: [Oh She Glows by Angela Liddon](#)