

## Turmeric Tea

Turmeric has been used as a healing food in Asian diet for centuries. Thai and Indian food get there popular yellow color from this amazing root. Yoga and Ayurveda teach that turmeric is indispensable in our diet. Traditional claims include that it is healing to the organs of digestion, cleansing to the colon and reduces inflammation all over the body particularly in the spine and other joints. Turmeric is said to purify the blood and increase longevity. Turmeric has received lots of attention over the last few years and many scientific articles have been done on its healing properties.

Yogi Bhajan claims that turmeric tea can help repair damaged nerves from drug uses such as psychedelics and marijuana. Yogi Bhajan also recommends turmeric, yogurt, chickpea flower, ginger and lemon as a body scrub and for facials. You can also find various recipes for using turmeric for acne.

Turmeric Tea should be boiled before ingesting. In the last few years turmeric and turmeric tea products have flooded the health food market. When I am gifted with these teas I always make sure to boil the tea bag. Traditionally many yogi's and Ayurvedic healers say turmeric that has not been boiled is highly kapha forming and can not be assimilated. My personally experience is in alignment with this ancient teaching.

### Ingredients:

- 1 teaspoon turmeric
- 1 cup water
- 2 cups milk.\* (see below)
- 4 tablespoons ghee, raw almond oil, sunflower oil or other food grade oil
- Maple Syrup or other unprocessed sweetener to taste
- 1 broken cardamom pod or cardamom powder
- An optional pinch of salt can really tie the flavors together

### Cooking Instructions:

Simmer turmeric in water. It will become a paste in approximately 10 minutes. Add water as needed. In a separate pot flash boil the milk and ghee. Stir both mixtures into one pot. Sweeten to taste. Cardamom can be used as a garnish or cooked in with the turmeric.

### Variations;

Boil turmeric in water then add milk and boil the milk for a few minutes with ghee or other oil. This is an alternative to boiling the paste separately. For convince you can make larger quantities of turmeric paste and keep in the fridge. When making the paste add 1 part turmeric to 1 part water. For originality and diversity add cinnamon, ginger, fennel, star of anise or black pepper to taste cooking them in with the turmeric.

\* Traditionally cows milk is used. Cows milk is considered to Sattvic and the perfect food for yogis. Indian cows milk is very different from what we get in the grocery store today. You can substitute any non dairy milk to your liking. Try to use something with as few additives as possible. Eden make a Soy Milk that is only soy and little bit of salt. Many of the vegan milks on the market have tons of article additives. They are also loaded with sugars. If you use one of these sugary non dairy drinks omit the maple syrup or honey from the recipe. During cleanses avoid article filler in our non dairy beverages.