

Lemon, Ginger and Turmeric Infused Water

Inside Out

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Yield: 4 two-cup servings

*1 tablespoon ground
turmeric*

4 slices fresh gingerroot

1/2 lemon, sliced

2 quarts water

In a large glass caraffe or pitcher, mix the turmeric, gingerroot, lemon and water. Cover.

Chill for twelve to twenty-four hours.

Per Serving (excluding unkn items): 30 Calories; 1g Fat (1 calories from fat); 1g Protein; Carbohydrate; 2g Dietary Fib 0mg Cholesterol; 60mg Sodi Exchanges: 1/2 Grain(Starch Fruit; 0 Fat.