Turmeric and Cumin Rescue Tea

Servings: 1
Prep Time: 5 minutes
Cook Time: 10 minutes
Author: Chef Chandra, Cooking with Chef Chandra

Ingredients
- 1-inch fresh turmeric, finely chopped
- ¼ teaspoon cumin seeds
- 2 cups water

Instructions
Place ingredients in a pot and bring to a boil. Allow to boil for 10 minutes, until the liquid becomes a vibrant orange. Turn off the heat, cover and let steep for 2 minutes. Fresh turmeric has a lighter, more fresh taste while ground turmeric is more pungent. Enjoy!

Adapted Joyful Belly recipe

CC’s S.O.U.L. Food
Chef Chandra’s Seasonal/Sustainable, Organic, Unprocessed, and Local Food
925.395.4185
info@ccsoulfood.com