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## *Turmeric Tonic*

- 1 tsp Turmeric
- 1/4 tsp cracked Peppercorn
- 1/4 tsp Cinnamon
- 1/4 tsp Cardamom
- 1/4 tsp Cloves
- 1 Tbs Ghee or Coconut Oil (or 1/2 Tbs each)
- 1/2 tsp Raw Honey, add more to taste
- 1 1/2 cup steaming Unsweetened Almond Milk, or Hot/Boiling Water

Combine all ingredients and blend in blender for 2 mins until frothy. Drink, stirring often to keep ingredients from all sinking to the bottom.

*Be sure to use all of the ingredients here. Turmeric is a wonderful anti-inflammatory, but it is difficult for your body to absorb all on it's own. Each of the ingredients from the black pepper to the spices and fats are all essential to the chemistry of this tasty concoction. This is a great way to end your night...especially when you want just a titch more wine, but know you'll actually make it to yoga in the morning if you have this instead ;-))*