

Recipe for the ginger turmeric power drink:

100 g / 3.5 ounces fresh ginger (can be ordered from [Amazon](#))

50 g / 1.75 ounces fresh turmeric (can be ordered from [Amazon](#))

1 lemon

1 pinch of black pepper, ground

1 tablespoon of coconut oil

approx. 7 dl of water

Wash the ginger and turmeric roots, reduce the ginger slightly and add both to a blender. Add the juice of the lemon, the black pepper, coconut oil and water as desired (about 7 dl). Close the mixer well and mix for about 1 minute.

Pass the contents through a sieve and collect the juice with a bowl and then fill it with a funnel into a bottle. Every day several times take a few sips. Keeps in the refrigerator a few days.

Note: Since the curcumin contained in the turmeric is not readily soluble in water, some oil is added; the coconut oil can also be replaced by other oil. The black pepper is not added, so the drink gains in sharpness (is already sharp enough), but the bioavailability of curcumin by the black pepper and the absorption capacity in the intestine is increased a lot.

Caution: The turmeric gives off an intense yellow color, be careful when making the juice and then wash the utensils clean!

Cheers !

www.power-roots.com