

Ingredients

¼ teaspoon ground turmeric

¼ teaspoon ground cardamom

¼ teaspoon ground clove

¼ teaspoon cinnamon

½ teaspoon dried ground ginger

About ⅛ tsp or 5 - 10 turns of fresh ground pepper from pepper mill

Directions

1. Mix all spices together in a container
2. Bring 12 -16 oz of water to a boil based on preference for flavor. If you prefer strong flavors use 12 oz . If you prefer a more mild flavor use 16 oz of water
3. Pour boiling water over the mixed spices (once mixed they should make about 1 Tablespoon) in a French press
4. Let spices steep for 15 minutes
5. Press and enjoy !
6. Drink unsweetened
7. Or sweetened with 1-3 teaspoons honey to taste (Optional)
8. Add cream or half and half to taste (Optional)

