

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Category: Beverage, Herbal Tea, Wellness Tonic

Cuisine: Wellness, Herbalism

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Ingredients

For the Standard Brew (Quick & Potent):

- 1.5 cups (360 ml) filtered water
- 1 teaspoon ground turmeric (or 1-inch fresh turmeric root, thinly sliced)
- 1 cinnamon stick (or 1/2 teaspoon ground Ceylon cinnamon)
- 1 sprig of fresh rosemary (about 3-4 inches long) or 1/2 teaspoon dried rosemary

- 1 teaspoon honey, maple syrup, or a pinch of stevia (optional, for sweetness)
- A pinch of black pepper (This is crucial! It dramatically increases the absorption of curcumin from the turmeric.)
- A squeeze of fresh lemon juice (optional, but adds a bright flavor and Vitamin C)
- A splash of plant-based milk like coconut or almond milk (optional, for a latte-like experience)

For the Decoction Method (Maximum Extraction):

- 2 cups (480 ml) filtered water
- 2 teaspoons ground turmeric (or 2 inches fresh turmeric root, sliced)
- 1 large cinnamon stick
- 1 large sprig of fresh rosemary (or 1 teaspoon dried)
- A generous pinch of black pepper
- Sweetener and lemon juice, to taste

Instructions

Method 1: The Standard Brew (Quick & Potent)

This method is perfect for a fast, effective cup of tea using ground spices and dried or fresh herbs. The intensity is bright and immediate.

1. Boil the Water: In a small saucepan or a tea kettle, bring the filtered water to a rolling boil.
2. Combine Ingredients: While the water is heating, place the ground turmeric, cinnamon stick (or ground cinnamon), rosemary, and a pinch of black pepper into a teapot or a large mug.
3. Steep: Pour the boiling water over the ingredients. Cover the mug or teapot with a lid or a small saucer to trap the volatile oils and steam.
4. Time & Intensity:
 - For a Light Intensity (subtle flavor): Steep for 5 minutes.
 - For a Medium Intensity (balanced flavor): Steep for 7-8 minutes.
 - For a High Intensity (strong, medicinal flavor): Steep for 10 minutes.
5. Strain and Serve: Place a fine-mesh strainer over your serving mug. Carefully pour the tea through the strainer to remove all the solid particles. Press on the solids with the

back of a spoon to extract every last drop of the golden liquid.

6. Enhance: Stir in your sweetener of choice, a squeeze of fresh lemon juice, and a splash of plant-based milk if desired. Taste and adjust.

Method 2: The Decoction Method (Maximum Extraction)

This method is for when you want to extract the deepest, most robust flavors and beneficial compounds, especially from fresh roots and tough cinnamon bark. The resulting tea is earthier and more potent.

1. Combine Ingredients: In a small saucepan, combine the water, turmeric, cinnamon stick, rosemary, and black pepper.
2. Simmer: Bring the mixture to a boil over high heat. Once boiling, immediately reduce the heat to low.
3. Time & Intensity:
 - For a Medium Intensity (rich flavor): Simmer gently, partially covered, for 15 minutes.
 - For a High Intensity (very strong, concentrated flavor): Simmer gently, partially covered, for 20 minutes.
4. Steep and Strain: Remove the saucepan from the heat and let it steep for an additional 5 minutes. Strain the tea through a fine-mesh strainer into a large mug or a small

pitcher.

5. Enhance and Serve: Add sweetener and lemon juice to taste. This brew is strong enough to handle a generous splash of milk.

Recipe Notes & Tips

- Fresh vs. Ground: Fresh turmeric and rosemary will provide a brighter, more vibrant flavor, while ground spices offer a deeper, earthier profile. Both are excellent.
 - The Pepper Rule: Do not skip the black pepper! Piperine, a compound in black pepper, can increase the bioavailability of curcumin (the active ingredient in turmeric) by up to 2,000%. It's a non-negotiable step for reaping the full benefits.
 - Cinnamon Choice: Ceylon cinnamon is often recommended over Cassia cinnamon for daily use, as it contains lower levels of coumarin, which can be harmful in large doses.
 - A Latte Twist: For a creamy, decadent version, froth some warm plant-based milk and pour it over the strained tea. This makes a beautiful and delicious "Golden Milk" latte.
 - Iced Tea: This tea is also delicious served cold. Simply brew a double-strength batch, let it cool completely, and pour over ice. It's a refreshing and healthy summer drink.
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Nutrition Information

Disclaimer: The following nutritional information is an estimate and is provided for informational purposes only. It is calculated for the tea without any added sweetener or milk. Actual values may vary based on the specific ingredients and quantities used.

Serving Size: 1 cup (240 ml) of strained tea

Calories: ~10-15 kcal

Total Fat: 0.2g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 5mg

Total Carbohydrates: 2-3g

Dietary Fiber: 1g

Total Sugars: 0g

Protein: 0.3g

Vitamins and Minerals (Estimated):

- Iron: ~2% of the Daily Value (DV)
- Manganese: ~5% of the DV
- Vitamin C: ~1% of the DV (more if lemon is added)
- Calcium: ~1% of the DV