



Turmeric, Ginger & Manuka Honey Bomb

This turmeric ginger manuka honey bomb is packed with immunity-boosting ingredients to help your body stay strong and healthy.

PREP TIME: 10 MIN

COOK TIME: N/A

INGREDIENTS

- 1 tbsp fresh grated turmeric
- 1 tbsp fresh grated ginger
- 1/4 tsp black pepper
- 1 tsp fresh crushed garlic
- dash cayenne pepper
- 1/4 cup AB's Manuka Honey MGO 500+



DIRECTIONS

1. Combine all ingredients to form a paste and store in a small airtight container.
2. Add 1 teaspoon of the immunity paste to warm water or fresh squeezed juice for a delicious immunity-boosting drink.



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