

All-in-one Superfood Tonic

ingredients

4 servings

- 16 oz water
- 1/2 tbps chili pepper powder
- 1/2 tbps paprika
- 1 tbps turmeric powder
- 1 tbps fresh chopped ginger
- 1/2 tps himalayan salt
- 1/2 ginger paste
- 1 lemon
- 1 chili pepper leaf
- tint of black pepper

INSTRUCTIONS

SPICE MIX

1. Combine all the spices together.

Chili powder

Paprika

Turmeric

Pink himalayan salt

THAI CURRY CHICKEN

1. In a deep saucepan, add water, turmeric, fresh ginger, chili pepper leaf, Himalayan salt, paprika, lemon juice.
2. Let it simmer on medium-low heat for approximately 3-4 minutes. It does not need to boil, turn off heat right before it begins to boil.
3. Once all simmered, use a drainer to drain the excess of the spices and transfer to your glass.
4. Refrigerate the remainder drink every day as a morning or evening ritual. (safely refrigerated up until 3-5 days)