



# Turmeric, Manuka and Lemon Elixir

EASY • 5 MINS

A cup of sweet elixir is a refreshing way to kick-start your day. With the **natural benefits** of lemon, earthy turmeric and bioactive Manuka Honey, this soothing, potent and naturally healing superfood blend is perfect for relieving sore and scratchy throats.



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**SERVINGS**  
12 (2 tsp)

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- ½ cup Capilano Active Manuka Honey
- 2-4 Tbsp freshly grated ginger
- 2 tsp ground turmeric, or freshly grated turmeric
- Grated zest of 1 lemon, unwaxed
- 2 pinches ground black pepper

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

## Method

1. Stir all ingredients together in a bowl.
2. Taste and add more ginger or turmeric if required. The mixture should be flavourful as you only use a small amount.
3. Enjoy by adding a teaspoon or two to a cup of hot water or to your favourite tea. Always allow boiling water to cool slightly before mixing syrup in to keep the benefits of Manuka intact.
4. Store in a glass container in the fridge.
5. Tip: Add in the juice from some fresh ginger to start your day with a kick or dilute into some tap water for little ones with sensitive taste buds.

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