



# Hot Lemon with Sea Moss and Turmeric

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## Ingredients

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- 1 lemon
  - 1 pinch of turmeric
  - 1 cup boiling water
  - 1 teaspoon Sea Moss
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## Preparation

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Bring one cup of water to a boil.

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Add the turmeric, juice of one lemon, and Sea Moss to a teacup.

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Pour the boiling water into the teacup with the ingredients. Stir well, let the tea cool for a few minutes, and enjoy.

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Have have fun and bon appétit!  
Let nature be your healer,

Magda

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