



IMPACT TRAINING SHARES THIS AMAZING HOT DETOX TONIC RECIPE:

Vegan, gluten-free, grain-free, nut-free, oil-free, soy-free

Get ready to feel warm, energized, and ready to tackle the day! This is my new go-to hot beverage of choice when I want to hit the reset button, amp up my metabolism, and boost circulation. I love to drink this throughout the day, but it's especially effective when consumed on an empty stomach after waking. I use a ginger tea bag for a quick option, but I provide a fresh ginger option below too. Also, if you ever have some kicking around, fresh mint is an invigorating, tummy-soothing addition.

Yield

2 cups (500 mL) Soak time

7-8 minutes Prep time

5 Minutes Cook time

0 Minutes

Ingredients:

1 ginger tea bag or 1/2 teaspoon fresh grated ginger*

2 cups (500 mL) boiling water

Few dashes cinnamon, to taste**

Few dashes ground turmeric, to taste

Few dashes cayenne pepper, to taste (use less if you don't like heat)

1 teaspoon (5 mL) apple cider vinegar

1 small lemon slice

Pure maple syrup, to taste (I use 1 teaspoon/5 mL)

Directions:

Grab an extra-large mug or a small teapot (3-cup capacity). Place ginger tea bag inside. Boil 2 cups of water and pour all the water into the mug/teapot. Cover and steep the ginger tea for 7 to 8 minutes.

Remove tea bag. Set aside the tea bag to cool. Once the tea bag has cooled a bit you can gently squeeze it into the pot to infuse the tea with even more ginger flavor.

Add the cinnamon, turmeric, and cayenne. Whisk until combined.

Add the vinegar and drop in the lemon wedge. Whisk to infuse the lemon.

Add maple syrup to taste, and whisk to combine.

Serve immediately and enjoy!

Nutrition Information

Tips:

* For the fresh ginger version: Pop the fresh grated ginger into a tea ball or mesh tea steeper, and steep tea for about 6 to 7 minutes. Proceed as usual.

** The spices tend to settle at the bottom of the mug/pot. Simply whisk it now and then to redistribute.

Recipe by OSHEGLOWS