

TURMERIC GOLDEN HONEY



There's more than one way to get Turmeric into your daily life. Golden Turmeric Honey lets you add a bit of Turmeric to all sorts of meals and drinks. You can even let it star in its own hot beverage.

INGREDIENTS

- 5 ounces raw honey
- 1 tablespoon (1/2 oz) Herb Pharm Turmeric extract
- 1 tablespoon lemon juice
- 1 cup hot water

INSTRUCTIONS

1. Place honey in a small, wide-mouth jar.
 2. Stir in lemon juice.
 3. Add Turmeric extract and stir well until it is uniformly mixed.
- Stir 1-2 teaspoons into the hot water until it is fully dissolved.

SERVING INFORMATION

2 teaspoons of Golden Turmeric Honey (without water) equals approximately one serving (0.7 ml, 1 dropper) of liquid extract. Store Golden Turmeric Honey in a cool, dry place for up to a week.

One full squeeze of the dropper equals 0.7 ml; provides approximately one serving of Black Elderberry Alcohol-Free Extract.

