

Ginger-Turmeric Citrus Tonic with Chia

Ingredients:

4 inch piece peeled ginger, coarse chopped
 ½ tsp turmeric powder
 Sweetener: 4 packets Monk fruit, or 4 packets stevia , or ¼ cup honey.
 ¼ cup lemon juice or lime juice
 1 Tbsp. chia seeds
 Ice and chilled water or club soda to dilute as desired



Servings: 8



Instructions:

1. Blend fresh ginger, turmeric, sweetener, lemon juice and 3 cups chilled water in blender until smooth.
2. Pour mixture through strainer into large bowl or pitcher, add chia seeds and stir to disperse. Chia seed will swell in about 10 minutes.
3. Pour 4 oz. of tonic into glasses. Add additional ice, chilled water and or club soda to make total of 8 oz.
4. Best to enjoy chilled and garnish with slice of lemon or ginger and enjoy!

Notes:

1. This spicy tonic provides anti-inflammatory benefits that help improve well-being.
2. Choosing honey as a sweetener adds 8 grams of natural sugar.
2. Ginger has anti-inflammatory and anti-nausea benefits.
3. The active phytochemical of turmeric is curcumin. Black pepper increases the absorption of curcumin by 1000% to enhance its cancer fighting properties.
4. Chia absorbs 20 times its weight in water, has soluble fiber and omega-3 fats that reduce inflammation.

Nutrition Facts			
Serving Size 4oz (11g)			
Servings Per Container 8			
Amount Per Serving			
Calories	15	Calories from Fat	5
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	2g		1%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	0g		
Vitamin A	2%	• Vitamin C	6%
Calcium	2%	• Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

For more information contact The Living Whole