

Care for your Gut

In Autumn warming tonics & teas are a great way to start your day!



Turmeric Latte

- 350ml of plant milk warmed and frothed
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 2 crushed cardamom pods
- grind of black pepper
- 1 tsp honey to taste

Turmeric the golden spice of life - has been used for 1000's of years in traditional medicine & cuisine. Its active compound is **curcumin** - a powerful ally for gut health & overall wellbeing!



Warming And Healthy

Morning Liver cleanse

- 1 inch piece of ginger finely grated
- 1/2 lemon grated & juiced
- 1/2 tsp optional honey or maple syrup to taste
- Add a little zest of lemon for extra zing!

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Mind your microbiome

Simple Chai

- 1 Black tea bag or decaff alternative
- 2 crushed cardamom pods
- Small piece of cinnamon stick
- Nutmeg (a grating)
- 2 cloves
- Milk optional

