



# TURMERIC LEMONADE

*Posted on March 18, 2021 by Crissy Joshua*

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Turmeric lemonade is a tasty, nutritious drink that is also very refreshing. Easy to prepare yourself at home, it requires little effort considering the huge benefits it brings.

Turmeric has been used in India for thousands of years as a spice and as a herb for its amazing medicinal properties. Also common in Southeast Asian and Middle Eastern cooking, it has been gaining momentum elsewhere over the past few decades. The good news is, it's readily available in most supermarkets these days and isn't expensive.

Curcumin is the main active component which is hailed as the compound in turmeric providing the greatest benefits. The golden yellow color of turmeric is owing to the curcumin. While it can make it a nuisance to cook with, it's nice to know this is what will help keep us healthy so is worth every bit of it. If you haven't cooked with turmeric before, it stains porous objects easily - clothes, cooking utensils, and anything else it comes into contact with. However, it's easy to manage, and I'll remind you later and give you some pointers on what to consider before preparing this.

## Benefits Of Turmeric

There are so many benefits that can be derived from taking turmeric. There have been many studies involving turmeric too, unlike some natural remedies, which give us a great indication of what it can and should be used for.

Some of the benefits are that turmeric:

- **Is anti-inflammatory** - It has properties to control inflammation, which is found to be one of the culprits in most chronic conditions. Studies have shown positive effects for people with rheumatoid arthritis and inflammatory bowel disease. Many studies have also proven that it helps patients with arthritis and can improve various symptoms for many of them.
- **Is a powerful antioxidant** - Fights against free radicals which cause damage to the body's cells. Can help in preventing and managing heart disease, and may reduce the risk of cataracts.
- **Maintains blood sugar levels** - Can play an important role for people at risk of diabetes and even helps people already living with type 2 diabetes.
- **Good for the brain and mind** - Protects against Alzheimer's disease thanks to its anti-inflammatory properties and also because it fights against oxidative damage. It can also help treat depression by boosting serotonin and dopamine levels.

## Benefits Of Other Ingredients In This Recipe

There is also a pinch of black pepper in this recipe which helps you to absorb the curcumin in turmeric more efficiently. Black pepper contains piperine which increases absorption by a stunning

2,000% (the same results were found in one study in 1998 and 2014). Don't worry, you won't even notice the flavor when you drink the turmeric lemonade but it is an essential ingredient.

**Lemon** is also a crucial ingredient for flavor and benefits.

High in vitamin C, it may help prevent cardiovascular disease, strokes, and lower blood pressure. It also has a host of other benefits including aiding your digestive system and supporting weight loss.

**Ginger** is a close cousin of turmeric because they are both in the Zingiberaceae family. As a result, ginger combats inflammation too. It can be effective in treating inflammation from osteoarthritis and helping with pain management. Another common benefit ginger is used for is to lower LDL cholesterol levels.

**Basil** is a wonder herb because it contains so many essential vitamins and minerals: vitamins A, C, and K; manganese, magnesium, calcium, and iron. It's also a powerful antioxidant, protecting against free radicals. Basil can also function as a muscle relaxant, providing great relief for headaches.

## How To Make Turmeric Lemonade

This recipe will take 10 minutes to make the lemonade and then cooling time at the end (unless you choose to drink it warm - a nice alternative when it's cold outside). However, it is great as a refreshing cool drink, and these are the steps I will show you today.

As I mentioned before, turmeric has a habit of staining items. Therefore, I never use it anywhere near plastic containers or kitchenware. You'll also find it will turn a wooden spoon into a brighter version of itself so don't use your favorite or soak it right away in warm water and dishwashing liquid. A quick trick to get rid of any turmeric marks is to mix half water and half baking soda into a paste, apply this, and wash it off with a cloth and warm water.

This recipe makes 6 portions and each serving will have 13 calories.

## Essential Equipment

- A large pot
- Spoon - wooden or metal
- Fine-mesh strainer
- Large serving bowl (not plastic)

## Ingredients

- 2 tsp ground turmeric powder

- 1-inch x ½ inch knob of ginger
- Pinch of black pepper
- 8 basil leaves
- 1 tbsp honey
- 1 lemon
- 6 cups of filtered water

## Method

1. Put 6 cups of water into a large pot, cover, and put on high heat.
2. Meanwhile, peel the skin off the ginger and cut it into tenths.
3. When the water is just about to boil, reduce the heat with the aim of maintaining a light simmer. Set your timer for 10 minutes. Add the turmeric, pepper, and ginger, and stir it all together.
4. You're going to add the basil at the 6-minute mark (4 minutes left). Just before this, wash, then tear the basil leaves in half with your fingers. When the turmeric has been in the water for 6 minutes add the basil, and stir.
5. When 10 minutes is up, turn off the heat and remove the pot from the stovetop. Now you need to wait for it to cool down.
6. Once it has cooled down, strain your mixture using a fine-mesh strainer into a large serving bowl. Cut one lemon in half and you want to add only the juice to the mixture and stir well.
7. Now you can enjoy some straight away in a glass with ice and honey (also fine to do so without) and store some in the fridge in a glass pitcher or jar.

It will keep in the fridge for up to a week. You will need to give it a stir each time you take it out to pour another glass. This is because you need to mix some of the turmeric back in that has settled at the bottom, but then it will taste as fresh as the day you made it again.

<https://youtu.be/1Xi5uNwWFIQ>

This drink is also lovely warmed up as tea. If it's chilly where you are but you still want to enjoy all the benefits of turmeric lemonade, you can ladle some out into a mug and drink some straight away from the stovetop after cooking or heat it up in the microwave later or gently on the stovetop.

**You may also like:**

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## [How to Make Your Own Turmeric Drops](#)

## Comments



**Carol** – 2021-09-19 05:47:37

I was wondering the same thing Shanna. Does anyone know if it stains your teeth?



**Shanna** – 2021-04-02 12:01:55

This looks delicious and healthy. One question, will it stain your teeth? Should you drink it with a straw?



**Diane Mitchell** – 2021-03-29 14:11:40

Thank you! Excellent!



**The Lost Herbs** – 2021-03-29 12:15:01

Hi Alison, You can use 1 tsp of dried basil but add it at the beginning with the turmeric. God bless!



**The Lost Herbs** – 2021-03-29 12:08:45

Hi Sandi, Thank you for your comment. You can use fresh turmeric root. For this recipe, it would be 1.5 inches of finely grated turmeric root. God bless!



**The Lost Herbs** – 2021-03-29 12:08:24

Hi Carole, Thank you for your comment. You can use fresh turmeric root. For this recipe, it would be 1.5 inches of finely grated turmeric root. God bless!



**Sandi** - 2021-03-29 01:38:40

Can you use fresh turmeric instead of the powder? If so how much should be used?



**Carole Besner** - 2021-03-25 22:51:14

This recipe looks delicious & healthy. Could we use the fresh turmeric root? If so, how much?  
Thank you for responding.



**The Lost Herbs** - 2021-03-24 08:40:34

Hi Diane, Thank you for your comment. You can try the turmeric from [https://mountainroseherbs.com/search.php?search\\_query=turmeric](https://mountainroseherbs.com/search.php?search_query=turmeric) or of course, you can find it at any supermarket.



**paula** - 2021-03-19 17:04:58

Really? I have been putting honey in my hot tea for decades. :( Thanks for letting us know



**Diane Mitchell** - 2021-03-19 16:41:55

Since 'thelostherb' bypassed my question I'm wondering if it wasn't clear. I know turmeric in and of itself is a source. But I was wondering if there is a 'brand' or raw or online store that you would recommend for a good quality turmeric? I'll check my local co-op too.



**Alison Pruitt** - 2021-03-19 15:59:18

Could dried Basil be used? If so would you add it any earlier?



**The Lost Herbs** - 2021-03-19 09:26:41

Hi Shakti, Thank you so much for your feedback. Indeed, too much heat damages the honey nutrients and thus affects its nutritional benefits. I will make the appropriate changes in the article.



**The Lost Herbs** – 2021-03-19 09:22:40

Hi TD, Thank you so much for your feedback. We will definitely put it to good use.



**The Lost Herbs** – 2021-03-19 09:20:24

Hi Michelle, Thank you for your comment. I'm sure your Pup is very healthy now :)



**shakti** – 2021-03-18 23:27:42

All good except the honey: honey turns toxic when hot ( ancient ayurvedic wisdom) and should be only added when the liquid is cooled enough to drink (I personally would use stevia in mine)



**TD** – 2021-03-18 18:40:45

Should only use. Tempered glassware Pyrex when making medical concoctions, stainless steel is reactive only slightly leaching metallic ions when using acidic or hot liquids especially if both. Nickle being the main offender. Glassware is best, ask any chemist, alchemist. Why they use glassware. Food for thought Aloha



**Ken** – 2021-03-18 15:46:26

Have to disagree: Please check out this article on microwaving and nutrient loss:  
<https://www.sciencefocus.com/science/does-microwaving-food-destroy-its-nutritional-content/>



**Kimberly** – 2021-03-18 15:38:27

Mary, you haven't worried for nothing. Using the microwave destroys some of the constituents of your food that you need. I would never heat anything in the microwave that was meant to be medicinal. Just warm it up in a pan on the stove. It's not like that takes long. A trick to speeding up the heating is to use a pan with a wider bottom, so the liquid is shallow, and you can heat it up as fast as a microwave would.



**Madeleine** – 2021-03-18 15:24:50

Microwave changes the molecular compounds of your food. We haven't had a microwave in decades.





**Sophia** - 2021-03-18 15:02:03

love turmeric and this recipe looks so good! can't wait to make it!



**Diane Mitchell** - 2021-03-18 15:01:31

What is a good source of turmeric?



**Tawnia** - 2021-03-18 14:37:31

All spices are irradiated but this doesn't remove all benefits. Buy local Canadian spices



**Michelle CANON** - 2021-03-18 14:22:12

I can't wait to try this recipe Im a firm believer of Tumerics benefits I even put in my Pups food every morning I make there food



**Mary W** - 2021-03-18 14:10:03

I quit using my microwave to heat up any herbs since I heard it will eradiate any useful benefits. They eradiate all foods coming into the US from another country which would eliminate the nutritional value. Is this true or have I worried for nothing?



**Eliza** - 2021-03-18 08:06:49

I love this recipe, can't wait to make it!! <3