

Blood Orange & Turmeric Refresher Drink

PREP TIME: 5 MINS

YIELDS: 4 CUPS



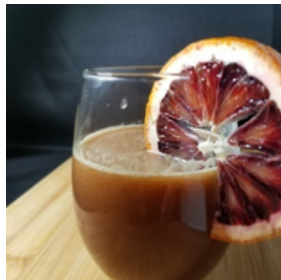
**Children's Hospital
of Philadelphia®**

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

- 1 blood orange, peeled & juiced
- ½ inch turmeric, fresh sliced/chopped (~1 tsp)
- 3 cups water, filtered



Nutrition Content for 1 Recipe

Calories: 77kcal	Carbohydrates: 18g
Fat: 0.5g	Fiber: 3g
Protein: 1g	Added sugar: 0g
	Sodium: 9.7mg

Directions

1. Allow ingredients to soak/infuse for at least an hour before serving/creating popsicles, etc.

Chef Tips/Adjustments

- Put sliced turmeric in a cheese cloth (or tea bag/holder) to avoid the peel debris from getting in the drink. Alternatively, you could peel the turmeric but this can stain hands/equipment.
- Adjust water volume to create a thicker or a thinner texture.
- Sparkling water can be used to create a bubbly drink (Chef's choice!)
- Regular oranges can be used for this recipe.

Qualities

Texture: Liquid

Rating for Scent : 4/10

Spice Level: 3/10

Recipe Benefits

- Anti-Inflammatory
- Promotes GI Health
- Hydrating

