

Peach Ginger Turmeric Fizz

A stunning golden mocktail that tastes like summer sunshine and works like medicine. Your Friday just got a whole lot more golden.

Three of nature's most powerful anti-inflammatory ingredients in one gorgeous glass

Turmeric contains curcumin, one of the most studied anti-inflammatory compounds on the planet. Ginger soothes digestion, reduces inflammation, supports immunity, and regulates blood sugar. Peach delivers vitamins A and C, potassium, and powerful antioxidants. Brewed with peach tea for an even deeper, richer peachy flavor. Together they make one of the most beautiful and medicinally impressive mocktails in the Friday Happy Hour collection.

INGREDIENTS		MEDICINAL BENEFITS	
2	Fresh ripe peaches, peeled and sliced (or 1 cup frozen peach slices)	Turmeric	Contains curcumin, one of the most potent anti-inflammatory compounds known. Supports joint health, brain health, cardiovascular health, and skin vitality. Always pair with black pepper which increases curcumin absorption by up to 2000%.
1	Peach tea bag (Harney & Sons Peaches & Ginger or Celestial Seasonings Country Peach Passion)	Ginger	Powerfully anti-inflammatory, soothes digestion, reduces nausea and bloating, supports immunity, regulates blood sugar, and has antimicrobial properties.
3 tbsp	Fresh ginger, peeled and thinly sliced	Peach Tea	Adds a deep rich peachy flavor while delivering antioxidants and natural fruit compounds. Harney & Sons Peaches & Ginger amplifies both ginger and peach flavors beautifully.
1 tsp	Ground turmeric (or 1 tbsp fresh turmeric, grated)	Peach	Rich in vitamins A and C, potassium, and beta-carotene. Supports skin health, immune function, and digestive health.
1 tbsp	Fresh lime juice	Black Pepper	Contains piperine which dramatically enhances the absorption of curcumin from turmeric by up to 2000%. Never skip this ingredient!
1 tsp	Raw local honey or maple syrup (optional)		
1/4 tsp	Black pepper (essential -- unlocks curcumin absorption!)		
8 fl oz	Filtered water (for brewing)		
4 fl oz	Sparkling water		
1 cup	Ice		
	Fresh peach slice and mint sprig for garnish		

METHOD

1

Brew the peach ginger turmeric base

Combine sliced ginger, turmeric, black pepper, peach tea bag, and filtered water in a small saucepan. Bring to a gentle simmer for 10 minutes. Remove from heat and steep for another 10 minutes. Remove the tea bag, strain, and allow to cool completely. Make a big batch and keep it in the fridge all week!

2

Blend the peach

Add fresh or frozen peach slices to a blender and blend until smooth. Strain through a fine mesh strainer for a cleaner drink or leave it as is for a thicker more nutritious version.

3

Build your fizz

Fill a glass with ice. Combine the peach puree and peach ginger turmeric base, adjusting the ratio to your taste. Add lime juice and honey if using. Stir gently.

4

Top and garnish

Top with sparkling water for a gorgeous golden fizz. Garnish with a fresh peach slice and mint sprig. Take a moment to appreciate how beautiful this looks. Then drink it.

Jacqui's Tip

Never skip the black pepper! It increases the absorption of curcumin from turmeric by up to 2000%. You will not taste it but your body will absolutely feel the difference. And for the deepest peachy flavor, use Harney & Sons Peaches & Ginger tea in your base -- it amplifies both the peach and ginger beautifully!