

# Turmeric Bug (or Ginger Bug)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/bug-sprawn-srimp-chinese-recipe>

## Ingredients:

- 1 tablespoon ginger root Turmeric root, powdered turmeric and/or powdered ginger. Grated coarsely if using the root.
- 1 tablespoon sugar Refined or unrefined
- 3/4 cup water Filtered, Dechlorinated water is optimal.

## Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 3 grams
3. Sugar: 3 grams

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