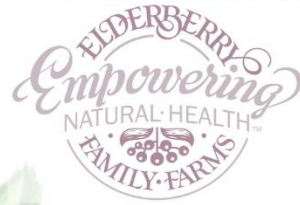


## ELDERBERRY LICORICE MINT ICED TEA



### Ingredients:

4 TBS Elderberry Licorice Mint Tea

2 Cups Boiling Water

5 TBS Lemon Juice

1/4 Cup Raw Sugar or Honey (or to taste)

2 Cups Ice

Lemons for garnish (optional)

Pour boiling water over tea and steep for 5-7 minutes. Strain tea into a large pitcher or jar. Add lemon juice and sugar and stir until dissolved. Add ice and stir until ice is melted. This allows for quick cooling of the tea. Pour tea over ice in a tall glass and garnish with a lemon slice. Serve immediately. Enjoy!

Recipe by Anne Marck

### Helpful Tips:

Honey is sweeter than sugar. Use a little less when you are substituting honey for sugar. Fresh squeezed lemon juice is always best. A small lemon yields about 3 TBS juice.

Summer is just around the corner. Time to start thinking about what you want to keep on hand for those hot summer days when water is just not enough to quench your thirst.

Our Elderberry Herbal Teas are the perfect choice for a caffeine-free cold drink. When paired with lemon and honey, they outshine even the best commercially prepared iced tea drinks.

Today's we've brewed up a special treat for you. Elderberry Licorice Mint Lemon Iced Tea. That's a mouth full. But oh, my goodness! This is serious summer thirst quenching goodness.