



Raspberry Hibiscus Sweet Tea

To 1 gallon pitcher add: 4-5 Roselle Hibiscus rose hips, 4 bags raspberry tea, and monk fruit sweetener to taste. Add hot water and steep 5 minutes, then use strainer.

Cool to room temperature then refrigerate. This is how you get a beautiful clear tea. When you refrigerate immediately the tea is cloudy.

Monk fruit sweetener is a fruit extract that contains zero calories and does not have an after taste the way granular stevia can. It is 100 - 250 times sweeter than sugar and does not contain glucose or fructose.

Recipe courtesy of Diana Openbrier



Lemon Grass Tea

To 1 gallon pitcher add: Lemon grass to pitcher, 4 bags green tea. Add hot water and steep 10 minutes, then use strainer.

Cool at room temperature then refrigerate. This is how you get a beautiful clear tea. When you refrigerate immediately the tea is cloudy.

How to prepare the fresh lemon grass by using 10-15 fresh stalks with leaves. The leaves are more fragrant. Cut the stalks from the leaves. Remove the outer sheath from the stalk. Rinse.. Pound the stalks and cut into 2" pieces and fold and tie leaves into a bunch. Quantity of leaves and stalks can be adjusted to personal taste.

Recipe courtesy of Diana Openbrier