

Iced Tea Trio

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Peppermint Tea Ingredients

- 1 organic peppermint tea bag
- 5-6 mint leaves (optional)
- 1-2 cups hot water

Rejuvenate Tea Ingredients

- 1 Joyous Rejuvenate tea
- 1-2 cups hot water

Lemon Ginger Tea Ingredients

- 1-2 inch knob ginger
- 1-2 lemon wedges
- 1 tsp raw honey
- 1-2 cups hot water

Instructions:

1. PEPPERMINT TEA: Steep peppermint tea bag for 3-5 minutes. Place in fridge or dilute with ice until chilled. Serve with mint leaves.
2. REJUVENATE TEA: Steep 1 tsp Rejuvenate Tea for 3-5 minutes. Place in fridge or dilute with ice until chilled.
3. LEMON GINGER TEA: Boil water. Chop up fresh ginger and lemon and place in cup. Pour hot water on top. Stir in raw honey. Place in fridge or dilute with ice until chilled.