

Honey Peach Citrus Mint Tea aka Medicine Ball Tea Recipe

The Ingredients:

***Pre-made herbal teas are easier, feel free to use those if you would like. This recipe has a lot of loose leaf teas that I dried from herbs from my garden :)**

- 1/4 cup of loose-leaf Organic Mint leaves
- 1/4 cup of loose -leaf Organic Jasmine Black Tea leaves
- 1/4 cup of sliced Peaches
- 3 tablespoons of Honey
- 1 cup of fresh Lemon Juice
- 4 cups of H2O

Instructions:

- 1.) Peel and slice Peaches. Put into blender and puree. Add puree into a small sauce pan over medium heat, add honey and allow to simmer and reduce down. Stir occasionally, this should take 5 to 7 minutes.
- 2.) Split Water into 2 (2 cups) and 1 cup. Boil the separate cups of 2 cups, add Mint leaves to one and Jasmine black tea leaves in the other. Allow to seep for 5 to 10 minutes.
- 3.) Once peach mixture has reduced. Take off heat. Pour into a glass water jug.
- 4.) Once the teas are done seeping. Sieve each one into the glass water jug with peach mixture.
- 5.) Add the cup of fresh Lemon Juice. Add the remaining 1 cup of water. Stir until peach mixture is well mixed.
- 6.) Serving warm is best. Top with mint leaf and peach slice.
- 7.) Can be stored in the fridge for up to a week.

Enjoy!

Serving:
5-6 cups

