



## RECIPE: Relaxing Summer Iced Herbal Tea with Hops and Rose Petals

This tea is flowery, refreshing and has a subtle bitter, beer taste (from the hops). Hops are known to have mildly relaxing properties, so this is a lovely tea for the late afternoon, early evening.

### INGREDIENTS

3 TBS dried hops

2 TBS dried rose petals

2 TBS dried lemon verbena

Juice from 1 lemon

Sweetener of your choice (I use Lemon or Orange Stevia Drops)

Optional: Generous splash of orange juice or sparkling water

### DIRECTIONS

In a French Press or a 1-quart Mason Jar, add dried herbs.

Pour hot water (just under boiling) over the herbs, cover, and let steep for 5-8 minutes. A 5-minute brew is mild-tasting. A longer brew has a stronger, more bitter flavor and the rose petal aromatics are more pronounced.

\* Push the plunger down on the press, or strain the tea (if using a mason jar) using a fine mesh strainer into a clean jar.

Add the lemon juice and sweetener (to taste), such as honey, agave syrup, stevia, or none, and stir well.

Cool the tea on the counter until room temperature, then refrigerate until nice and cold.

When ready to serve, pour into large iced tea glasses, adding sparkling water or orange juice if you like, to your taste.

Enjoy! Keep refrigerated. Drink within 24 hours.

### NOTES

\*I use a fine mesh strainer over a cone filter to make a crystal clear tea. You might want to use this method if your dried herbs are crushed very fine and have powdery bits. Usually, this is not the case with the 3 herbs used in this recipe. This is optional though.

This recipe was inspired by Caitelen Schneeberger from LearningHerbs.com.