

Roselle Citrus Tea

Ingredients

- 1 cup freeze-dried roselle
- ½ c freeze-dried lemon verbena leaves
- ¼ c freeze-dried stevia (or less depending on taste)
- ½ c freeze-dried lemon grass
- ¼ c freeze-dried lemon peel

Directions

1. Combine ingredients in a blender.
2. Pulse ingredients for a couple of seconds to lightly chop.
3. Store in an airtight jar.
4. Steep two teaspoons in 8 oz of boiling water for 10 minutes.
5. Enjoy!

Add honey or orange slices to your tea to enhance the flavor and sweetness.

Dehydrated ingredients may be substituted for freeze-dried. The measurements are the same.