

Iced Linden Tea

BY ROSALEE DE LA FORÊT



HONEY OR PREFERRED
SWEETENER
(OPTIONAL)



1/4 CUP DRIED LINDEN
LEAVES AND FLOWERS



3 CUPS WATER



1/4 CUP DRIED LEMON
BALM LEAVES



1/4 CUP DRIED
OATSTRAW

This refreshing blend is the perfect way to cool down during hot summer months. Or, if desired, you could enjoy it warm as well.

YIELD: Approximately 3 cups

1. Place all of the herbs in a quart jar.
2. Bring the water to a boil. Pour the water over the herbs, stir well, and then cover with a lid or towel. Infuse for 15-20 minutes.
3. Strain. Add sweetener if desired. Stir well. Add lots of ice cubes. Drink within 24 hours.



HERBS
with ROSALEE