

# Rose Hips Tea

BY ROSALEE DE LA FORÊT



HONEY OR OTHER  
SWEETENER TO TASTE

1 TABLESPOON OF DRIED DE-SEEDED  
ROSE HIPS OR ¼ CUP OF WHOLE

10 OUNCES OF WATER

*Rose hips tea is a wonderful way to enjoy the many nourishing benefits of this tart fruit. You can use either cut, dried rose hips or whole rose hips.*

**NOTE:** There's no need to de-seed rose hips for this particular recipe.

1. Place the rose hips and water into a small saucepan. Bring to a boil, then reduce to a simmer for 10 minutes. You can leave this uncovered while it simmers.
2. After ten minutes, strain off the rose hips and add desired sweetener. You can drink this tea while warm or wait for it to cool, if desired.



HERBS  
with ROSALEE