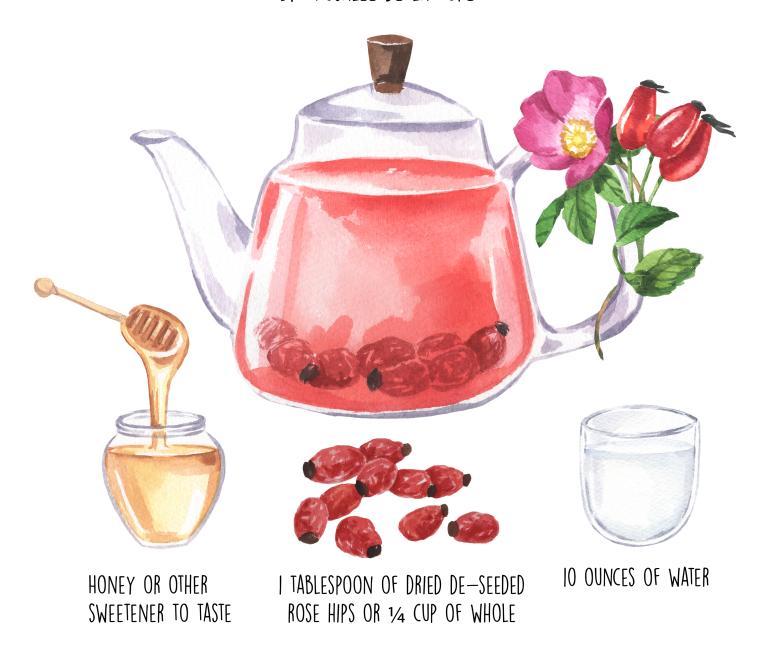
## **Rose Hips Tea**

BY ROSALEE DE LA FORÊT



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.

