

Seasonal Herbal Beverages

Prepared by East Bay Herbals



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Mint Lemonade

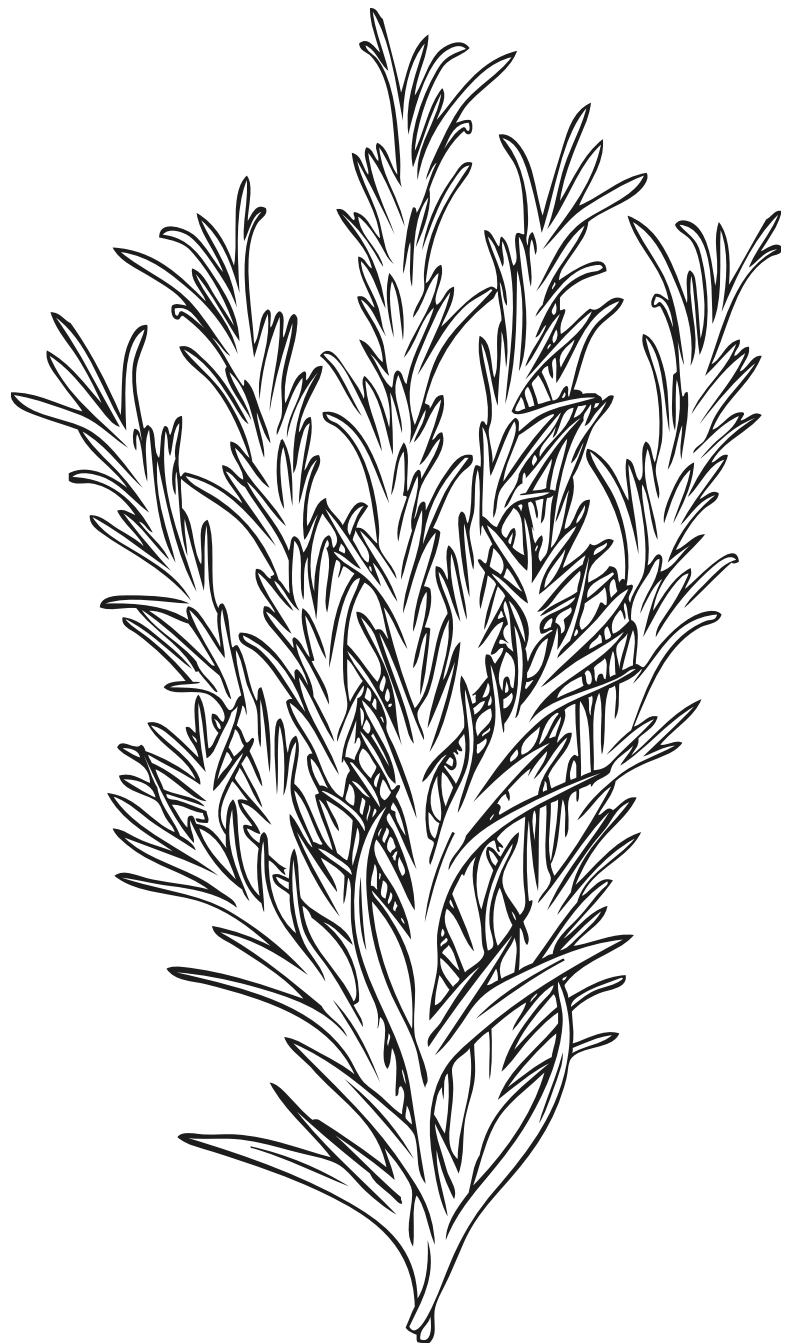
Mint is a refreshing herb that is well known for its digestive properties. This herbal variation on classic lemonade is not only cooling on a hot summer day but it makes a delightful post-meal beverage.

INGREDIENTS

1/2 cup fresh mint
1 cup lemon juice
1 cup water
1/2 - 1 cup raw honey

DIRECTIONS

Bring water to a boil in a small pot, turn the heat off, add freshly washed lemon balm, cover and let steep 15 minutes. Strain tea, add honey and warm gently until honey dissolves. Let mixture cool slightly and add fresh lemon juice. Let cool completely, and then chill. Store covered for up to 2-3 days. Serve iced.



Herbal Iced Latte

A refreshing coffee alternative packed full of herbs that have traditionally been used to help with digestive support and gentle detoxification. Like the idea of an herbal iced latte but don't want to skip the coffee? all of these herbs can be added to a french press and brewed alongside the beloved coffee bean as well!

INGREDIENTS

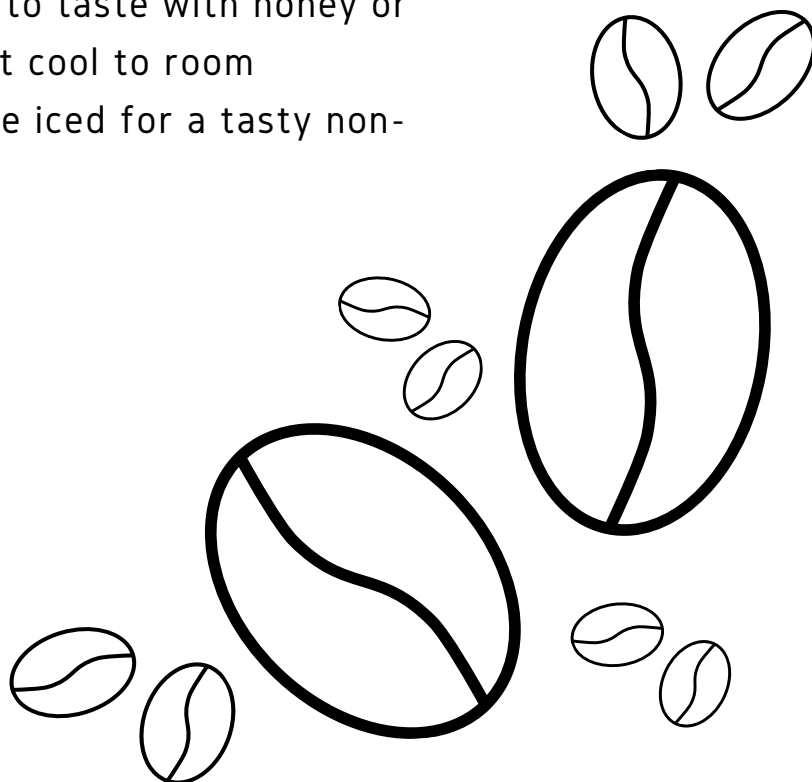
1-2 Tsp each: cacao, burdock root, dandelion root, chicory

1-2 Tbl brown sugar or honey

Optional: cinnamon stick or 2-3 cardamom pods

DIRECTIONS

Add 1 Tbl cacao nibs, 1 Tbl burdock root, 1 Tbl dandelion root, 1 tsp chicory root and 3-4 cups of water to a small saucepan (add cinnamon stick or 2-3 cardamom pods if desired). Bring to a boil, reduce to a simmer, cover partially and simmer gently for 20 minutes. Strain, sweeten to taste with honey or brown sugar. Add nut-milk or cream, let cool to room temperature, then store in fridge. Serve iced for a tasty non-coffee liver friendly alternative!



Summer Iced Tea

A refreshing blend of herbs that have traditionally been used as both cooling and uplifting to the spirits. This cheerful summer beverage is hydrating as well. You can use either dried or fresh herbs for this seasonal blend, though I always prefer fresh.

INGREDIENTS

Lemon Balm
Lemon Verbena
Cucumbers
Honey

DIRECTIONS

Make a sun tea with the lemon balm and lemon verbena. When the tea is finished, add fresh sliced cucumbers and let chill in the fridge. You can add honey simple syrup to sweeten as desired. Serve over ice and enjoy!

