



JULY'S RECIPE:

SUMMER COOLER

This is a cooling, refreshing tea, perfect for a hot summer's day. It is also helpful during feverish illness.

Preparation time: 5 mins
Makes 2 cups

Ingredients

1 teaspoon peppermint
2 teaspoons rosehip
1 tablespoon
concentrated apple juice
One pint water
Lemon juice to taste

Method

Pour boiling water over the herbs and brew for 5 minutes. Pour in the concentrated apple juice just before serving and add lemon juice to taste.

Energetics

This is a simple cooling drink for hot conditions. It will cool an overheated Stomach or Liver and is ideal for conditions of Summer Heat.