

Your First Wealth Is Health



## 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.