

Beverages

Raspberry Leaf Tea

Servings: 1

Rich in magnesium and a good uterine tonic.

To make a quart x recipe by 4.

1/2 teaspoon raspberry leaf tea

1 bag Celestial Seasonings Raspberry Zinger tea

1 cup cold water

Combine all ingredients in glass container. Let sit overnight to combine flavors. Serve over ice in glass. Garnish with fresh mint sprigs and add 1-2 drops Valencia Orange stevia to taste.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol, 7mg Sodium Exchange.

