



✦ **flowerful sun tea** ✦



ingredients ✦

- 1 large bunch fresh mint and/or lemon balm
- assortment of edible flowers: calendula, chamomile & lavender

how to make ✦

- Collect herbs and flowers (Gently wash, if needed)
- Combine herbs and flowers in a large glass jar. Fill with hot water.
- Place in direct sunlight for 6-8 hours (longer for a stronger brew).
- Chill, sweeten to taste, then serve. Garnish with mint, cucumber & flowers.

