

MENSTRUAL SUPPORT MOCKTAIL

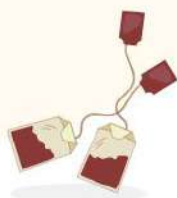


Support **MENSTRUAL HEALTH**
with a **DELICIOUS** drink to
elevate your routine!

✦ INGREDIENTS ✦



1 1/2 Cups
Water



2
Raspberry Leaf Tea Bags



1 Tsp
Dried Lemon Peel



1/4 Cup
Unsweetened Tart Cherry Juice



4 Tbsp
Lychee Syrup
(From Canned Lychees
in Heavy Syrup)



Raspberries
(Optional Garnish)



Lemon Peel
(Optional Garnish)

✦ INSTRUCTIONS ✦

1. Bring the water to a boil and steep raspberry tea bags in water for 10 minutes.
2. Add the dried lemon peel and let steep for 5 more minutes.
3. Strain the tea and then add tart cherry juice and lychee syrup.
4. Let cool in the refrigerator overnight or place in a shaker with some ice.
5. Pour into a glass with ice and garnish with raspberries, lemon peel, or both!