

Tom's Herbal Sun tea recipe:

Ingredients for about 2 quarts.

2 quarts water.

6-10 leaves mint.

6-10 leaves spearmint.

6-8 of lemon verb.

3-5 sprigs of rosemary.

3-5 sprigs Orange thyme.(or any kind of time)

6-10 leaves Stevia (or 1 1/2 The sugar)

1 lemon.

1/3 cup of raw honey.

Start by washing herbs. Next fill quart with hot water. Then tie together rosemary and thyme with string. Throw right in. Next rough chop or break the herbs up with hands. Cut lemon in half, juice and just the remains right in. Add honey and stir.

Cover and let the tea sit out in the sun for 5 - 12 hours. Strain with clean cloth. Refrigerate or Pour over ice and serve. Enjoy!