

Spearmint and Lemon Balm Sun Tea with orange slices

Ingredients

½ cup fresh spearmint leaves
½ cup fresh lemon balm leaves
1 organic orange, thinly sliced
4 cups water

Method

Add all ingredients to a glass quart jar or pitcher. Place on a warm windowsill or outside in warm (not hot) sun for 2-6 hours. If its a hot day, add orange slices only after you've brought the sun tea inside and let it cool down to room temperature.

Place sun tea in refrigerator for an hour or more to chill.

If you like, after finishing the quart of tea, add more water to herbs and oranges and let it sit again for a second batch of weaker but still refreshing beverage.

Source: Mary Scott (Servings: 4 | Yield: 4 cups)
