

NAP Summertime Tea

This tasty, traditional refreshing tea helps to clear away the edge from that intense Austin summer heat.

It also gently detoxifies and nourishes the liver, and helps reduce blood pressure and cholesterol.

Directions:

1. boil herbs with 5 cups of water then reduce to low heat and simmer for 10 minutes
2. remove from heat and allow to steep and cool slightly
3. remove herbs with strainer and sweeten with honey or your preferred sweetener
4. dilute sweet concentrated tea with more water, pour into large pitcher and store in refrigerator

The tea should have a light taste without being bitter or too sweet. Add more water and honey if necessary.

Enjoy throughout the day!