



Recipes

Juices/Teas

Licorice Refresher

Prep Time: 5 minutes

Cooking Time: 10-20 minutes

Yield: 4-6 servings

Ingredients:

2-3 inch piece of licorice root

1-2 tablespoons dried fennel seeds

5 cups water

Honey or apple juice to taste

Directions:

1. Put licorice and fennel into a saucepan with water and bring to a boil.
2. Let simmer on a low heat for 10 to 20 minutes.
3. Strain licorice root and seeds.
4. If desired, add honey or apple juice to the tea after it has simmered.
5. Serve warm or chilled.