



Recipes

Beverages

Sun Tea

Prep Time: 5 minutes

Cooking Time: 24 hours, unattended

Yield: 1 gallon

Ingredients:

3-4 tea bags of your choice
water

Directions:

1. Fill an extra-large Mason jar with water, add 3 or 4 of your favorite tea bags, and cover with lid.
2. Place in sun for one full day and let the shining rays pour in heat and energy, bringing out the wonderful tea flavors.
3. Sweeten if desired with natural sweetener (like agave nectar), serve at room temperature or cold over ice.

Variations:

Garnish with mint leaves or lemon wedge.