



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Rose Hip & Peppermint Tea **MAKES** 1 cup

CATEGORY Beverage **PREP TIME** 2 minutes **COOK TIME** 4-5 minutes

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 cup boiling water
1 tea bag peppermint tea
4-5 medium rose hips
to taste honey

DIRECTIONS

1. Bring water to a boil.
2. Pour boiling water over tea bag and rose hips, allow to steep for 4-5 minutes
3. Add honey to taste, drink at your leisure.

MY NOTES
