



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Spruce Sprig Tea MAKES 1 cup

CATEGORY Beverage PREP TIME 2 minutes COOK TIME 5 minutes

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 cup	boiling water
3-4 small	sprigs of spruce
to taste	honey
to taste	squeeze of lemon

DIRECTIONS

1. Bring water to a boil.
2. Pour boiling water over sprigs of spruce, allow to steep for at least 5 minutes.
3. Add honey and a squeeze of fresh lemon to taste, drink at your leisure.

MY NOTES
