



## Strawberry Sparkling Tea\*

Serves 4-6

### Ingredients:

4 cups water  
6 tea bags of strawberry tea  
(or 4 Tbsp. of loose tea - in muslin, if desired)  
3 tsp. honey or cane sugar  
1 bottle sparkling water  
ice cubes (optional)

**Method:** 1. Add the water to a large pot and bring to a boil. Add the tea and remove from heat. Steep for 15 minutes.  
2. Remove tea bags and stir in the honey or cane sugar.  
3. Transfer the tea to a glass mason jar and refrigerate to cool.  
4. Fill a glass 3/4 of the way with the chilled strawberry tea. Add 1/4 glass of sparkling water.

**Note:** If time does not permit the tea to chill use ice cubes to cool it. Ice will dilute the tea, so if you plan to use ice, add additional tea bags and steep the tea longer to make it stronger.

\*Thanks to Debbie Sarfati at [www.wholenourishment.com](http://www.wholenourishment.com) for these recipes.

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