

## Orange Chamomile Cocktail

### Ingredients

- 2 bags chamomile tea
- 2 oranges, juiced- must be fresh
- ¼ cup of carrot juice (store-bought is acceptable)
- 2 teaspoons of grated fresh ginger
- Ice
- Seltzer
- Lemon slices

### Directions

Boil water and put it in a large pitcher with the chamomile tea.

Steep for five minutes, then remove the tea bags.

When the tea is cool, add in the lemon, orange, and carrot juice.

Enjoy!