

## Healthy and Delicious Teas

### *Lemon Basil Tea*

Add 1 green tea bag to mason jar. Add ½ lemon, sliced and 3 pieces of fresh basil. Add boiling water and close lid. Allow tea bag to steep for 5-8 minutes. Then, refrigerate to allow to chill, or enjoy warm.

### *Blueberry Mint Tea*

Add 1 green tea bag into a mason jar and steep in boiling water in jar for 4 minutes. Remove the tea bag and add about 8-10 fresh mint leaves and 6-8 fresh farm blueberries. Store in the fridge to chill. Enjoy.

### *Ginger Peach Tea with Mint*

Place your favorite decaf or green tea bag into a mason jar. Add boiling water. Add fresh, ripe peach slices, about 4-5. Add 5-7 pieces of fresh mint. Grate ½ teaspoon of fresh ginger. Let tea bag steep for 5-8 minutes, then remove tea bag and chill. Enjoy.

