

Herbal Legacy Recipes

CRAZY ICE TEA

Here is one of my favorite Ice Tea recipes. Great for calming your whole system!

~ Mishelle Knuteson

INGREDIENTS:

- 6 cinnamon sticks
- a handful of licorice root
- a handful of peppermint
- a handful of spearmint



DIRECTIONS:

1. Gently simmer the 6 cinnamon sticks and a handful of licorice root in a 1 gallon of water for 1/2 hour.
2. Then add the handful of peppermint and the handful spearmint and steep for 20 minutes more.

Makes 1 gallon

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