





United States Department of Agriculture

## Homemade Fruit and Herb Tea

Prep Time: 1 hour | Steep Time: 5 minutes | Total Time: 1 hour and 5 minutes

- 1 (3 in.) piece of fresh ginger, finely chopped
- 1 c. fresh sage
- 1 c. fresh mint leaves, packed
- 1 c. dried apricots, chopped
- 2 lemons, zest removed with veg. peeler, finely chopped
- 2 oranges, zest removed with veg. peeler, finely chopped
- Lemon and orange zest from above

1. Preheat the oven to 250°F.
2. Toss lemon zest, orange zest, ginger, and sage together and place on a large parchment paper-lined baking sheet. Scatter mint on a second large parchment paper-lined baking sheet.
3. Bake both sheets, stirring occasionally, until mint (10-15 minutes) and ginger mixture (45 minutes) are both dried out. Set aside to cool completely.
4. Crumble mint into a medium bowl and add ginger mixture and dried apricots. Toss together.
5. To serve, steep 2 Tbsp. of the mixture with 1 c. of hot water for 3-5 minutes. Strain and drink.

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