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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