

Homemade Herbal Tea

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Prep: 5 Cook: 15 Rest: 0 Servings: 8

Ingredients

- 1 ▶ Cinnamon stick
- ½ ▶ Grapefruit
- 8 cup ▶ Boiled water
- 1 inch ▶ Ginger root
- ¼ tsp ▶ Vanilla extract (optional)
- 2 ▶ Fresh mint leaves
- 3 tsp ▶ Liquid sweetener (optional)

Instructions

1. Crush mint leaves

Crush two mint leaves to release flavor. Tip: Use a small spoon to gently crush the leaves.

2. Add sweetener and vanilla

Add liquid sweetener (adjust to taste, 3 tsp sugar equivalent is suggested) and 1/4 tsp vanilla extract through the strainer. Tip: This helps keep the tea clear.

3. Serve

Remove the tea ball. Serve warm or chill in the refrigerator for a few hours, or add ice for iced tea.

4. Add tea ball to pitcher

Put the tea ball into a large glass pitcher. Place a strainer on top of the pitcher to catch grapefruit seeds and pulp.

5. Brew the tea

Pour boiling water over the strainer until the pitcher is almost full. Remove the strainer and let the tea brew for 15 minutes.

6. Prepare tea ball

Place the crushed mint leaves, broken cinnamon stick pieces, and sliced ginger root into a tea ball.

Source: <https://youtu.be/tZBM34Lqav0>