



Recipe Name: BLACKBERRY/LEMONMINT TEA

Ingredients:

5	black tea bags
¼ Cup	lemon mint leaves, crushed
4 Cups	boiling water
16 oz.	blackberries
	maple syrup

Steps to follow:

Steep tea bags and lemon mint in boiling water for 10 minutes, strain and put into pitcher. Cool. Puree' blackberries in blender or food processor, and strain through a fine sieve. Add puree' to tea mixture (discard seeds and pulp) and mix well. Add maple syrup to desired sweetness. Serve over ice and garnish with mint leaf and blackberry.

By Cindy O'Donnell and Karen Miller