



# Rosehip Tea



## Ingredients

- 1 TBS of dried Rosehips
- 1/2 TBS of dried Hibiscus
- 1 TSP of dried rose petals
- 1 L of purified boiling water
- Honey to taste if you please!

## Method

- Bring 1 L of water to the boil
- Pour in to ceramic or glass teapot
- Add dried herbs and stir making sure they are all submerged
- Let the tea steep for 5 minutes
- Pour in to teacup and add honey to taste
- Enjoy!