HYDRATING TEA

By: *RuthAnn Zimmerman*
Makes 1 gallon.

Heat to almost boiling:

2 cups water

Add:

8 tea bags of choice (we like 4 raspberry, peach, or other fruit flavored tea and 4 bags of green, black or oolong)

Let the tea steep for 15 minutes, remove the tea bags, let cool for 30 minutes.

Add:

1/4 to 1/2 cup raw honey

Juice of 2 lemons

1-2 tsp mineral salt

Mix well to incorporate honey

Add:

4-6 cups of ice and then fill the jar the rest of the way to the top with cold water.

We make gallons of this in the summertime and it's been so helpful in preventing us from getting dehydration headaches on those hot summer days.