

Herbal Popsicles



1/2 cup herbal tea blend (see my Herbal C Blend below or use one of your choosing)
1 quart boiling water
1/4 or so raw honey (to taste)
1 quart of 100% juice of choice (fresh juiced is best for the most nutrition packed
popsicle

Mix a batch of herbal tea using my Herbal C Blend below or a favorite you have purchased, pour the boiling water over the herbs, cover and let steep for 15 minutes. Strain the tea and pour into a 2 quart pitcher, add the honey and stir until dissolved. Let cool and then add the juice. Stir until well combined and pour into popsicles molds.



Equal Parts:

Hibiscus
Elderberries
Rosehips
Alfalfa