



Sparkle Kitchen

Citrus Tea

(Makes about a half-gallon jar of dried tea mixture)

Ingredients

6 ounces dried pineapple

1 grapefruit

1 orange

2 lemons

1 apple

1 tablespoon dried sage leaves

1 tablespoon dried lavender

Directions

First, you need to dry the citrus and apple. If you have a dehydrator, slice the fruit into thin slices, arrange it on the trays and flip the switch.

If you don't have a dehydrator, never fear — just dry the citrus and apple slices on bake sheets in your oven, using the lowest temperature your oven will allow. (Less than 200 F is good; you can prop the door open to keep the temperature lower if you need to.) I dried the fruit for this recipe overnight.

Once the fruit is all dried, chop or crumble it into small bits. Add all of the ingredients to a large bowl, and use a pair of clean hands to mix them well. Store in a cool, dark place in an airtight container.

To make a cup of tea, boil about 8 ounces of water. Allow the water to cool for about 10 seconds, then add a heaping tablespoon of the fruit and herbs. Let the mixture steep for 3 to 4 minutes, then strain out the solids and enjoy the citrus-y, herbal warmth.

Enjoy!