

Beauty & Vitamin Tea -Hibiscus, Rose Hip, Lemon (less caffeine)



<Ingredients (2L)>

- 1 bag Hibiscus & Rose Hip Tea
- 1 Large lemon
- 1 heap Tbsp Salt
- 5 heap Tbsp Raw sugar
- 2 L Water

<Method>

1. Infuse the tea

Boil 500ml of water. Put the tea bag and sugar in a heat-resistant jar, and pour the boiling water over. Stir until the sugar dissolved. Allow to set aside for 10 minutes for infusing the tea leaves.

2. Meanwhile clean the lemon

Place the salt into your palm and drop some water. Scrub the lemon well with your palms for removing any wax and chemicals from the skin. Wash away the salt.

Slice the lemon into 0.5cm.

3. Mix

Add 1500ml cold water over first and put the sliced lemon. Keep in a fridge up to 3 days.