

**Orange Mint Tea (can get both of these ingredients in the bulk herb section at a co-op or Whole Foods OR dry in your own dehydrator)**

1/4 Cup crumbled dried peppermint leaves  
1 tsp finely chopped dried orange zest

Blend makes about 1/4 cup.

Use approx. 1 tsp of this blend in a 6 oz. cup of boiling water. Allow to steep approx. 15 minutes and strain.