



### **Rose Hip Tea-** Makes one serving

#### **Ingredients:**

- 1 tea bag
- 1 tablespoon dried rose hips
- 3-4 whole cloves
- Sugar or honey, to taste
- 1 cup (240 mL) boiling water



#### **Directions:**

- Steep the tea bag, rose hips and cloves in boiling water for five minutes.
- Remove hips and cloves.
- Reheat if desired.
- Sweeten to taste with sugar or honey.