

Lemon Balm Sweet Tea

By Chef Lachelle Cunningham

INGREDIENTS

1 - 1½ cup natural sweetener (*agave nectar, maple syrup, date syrup, honey, stevia, etc.*)

1 cup warm water

Zest of 4 lemons

8 cups cold water

¾ cup dried lemon balm leaves

Ice cubes



**HEALTHY
ROOTS**
INSTITUTE

DIRECTIONS

1. In a small saucepan, bring the sweetener, warm water and lemon zest to a boil.
2. Remove from the heat and let steep for 30 minutes. Strain the lemon syrup into a measuring cup.
3. In a large saucepan, bring the cold water and lemon balm leaves to a boil.
4. Remove from the heat; let steep for 20 minutes. Refrigerate until chilled.
5. Strain the tea into a pitcher.
6. Stir in 1/2 cup of the lemon syrup, or more to taste.
7. Serve the tea in tall glasses over ice.