

Orange Rosemary Digestive Tea



I drink tea almost daily, no matter the time of year, but I especially love how this simple blend helps stimulate hydrochloric stomach acid, the acid that helps to break down your food. Recommended to drink 1/2 cup about a half hour before meals. To your health and vibrancy!

ORANGE ROSEMARY TEA

Serves 4

2 cups spring water

2 tablespoons fresh rosemary leaves

2-3 pieces fresh organic orange peel

Bring water to boil in a glass or stainless steel pot. Remove from heat and add ingredients. Cover tightly and steep for 15-20 minutes. Serve warm.

PEAMOLE DIP



2 cups fresh frozen organic peas at room temp
2 tablespoons olive oil
Juice of 1 lemon
1 medium clove garlic
1/2 teaspoon sea salt
1 diced tomato
Optional Garnish: Fresh chopped mint

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1. To make dip, blend all ingredients except tomatoes in food processor. Add diced tomato after blending and mix well. Garnish with fresh chopped mint.
 2. Enjoy the dip with freshly baked chips or fresh veggie crudité's or both!