

A SUPERFOOD SUPER-TEA

Drinks & Teas

You've heard of superfoods, right? Well, Wisconsin Ginseng is one of them. Rich in vitamins, trace minerals, and antioxidants, here's how to turn a superfood into a refreshing and energizing Super-Tea!

INGREDIENTS

8 cups of ginseng tea (about 4 tea bags)
4 pieces of dried ginger, 3 inches
1 lemon, sliced
3 tablespoons of honey
1 bunch of mint leaves
Lots of ice

DIRECTIONS

1. Start by making the tea. Let four tea bags steep in eight cups of hot water for about 10 minutes.
2. Add honey.
3. Let mixture cool in the fridge for 20 minutes.
4. Fill 3 glasses with ice along with ginger, lemon, and mint.
5. Top with iced tea mixture from the fridge.