

BERRY MINT:

1 handful of mint
3/4 cup berry juice (or substitute for other juice of choice, like pineapple)
2 tbsp honey
3 cups sparkling water.

- 1) Roll mint leaves in palm or place in a cup and muddle leaves to get the aroma out of the mint leaves. Place in juice.
- 2) Add honey to the juice and mint mixture, and either stir or shake until syrup is fully mixed together.
- 3) Add slowly to sparkling water.
- 4) Enjoy!

ROSEMARY LEMONADE

1 cup rosemary tea (a handful of rosemary boiled in water, then let cool)
3 tbsp honey
3 tbsp lemon juice
3 cups sparkling or spring water

- 1) Mix together honey, lemon juice and tea. Either stir or place in a jar and shake.
- 2) Add to sparkling or spring water, and enjoy!

Thank you again for your time today and enjoy the rest of your year!