

# RASPBERRY LEAF MOCKTAIL

Raspberry leaf has a slight tannin quality, so it's not surprising that this drink tastes a little like a cross between an Arnold Palmer and light, fruity wine. It's light and refreshing as we are going for taste first. Still, the herbal perks can include alleviating symptoms of PMS (raspberry leaf), helping with insomnia (tart cherry juice), and improving digestion (lemon peel).

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## INGREDIENTS

1 1/2 cups water  
2 raspberry leaf tea bags  
1 teaspoon dried lemon peel\*  
1/4 cup unsweetened tart cherry juice  
4 tablespoons of lychee syrup from canned lychees in heavy syrup  
raspberries (optional garnish)  
lemon peel (optional garnish)

## MAKES FOUR SERVINGS

1 Bring 1 1/2 cups of water to boil and steep 2 tea bags in water for 10 minutes.

2 Add 1 teaspoon dried lemon peel and let steep for 5 more minutes.

3 Strain the tea and then add tart cherry juice and lychee syrup. We used 4 tablespoons, but you can adjust to taste.

4 Let cool in the refrigerator overnight or place in a shaker with some ice. Poor into a glass with ice and garnish with raspberries or lemon peel or both!

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## NOTES

- \*If you don't have dried lemon peel, use 1 long strip of fresh lemon peel.
- We used Roland brand Lychees pitted and peeled in heavy syrup and Traditional Medicinals Organic Raspberry Leaf tea.
- As with any of these herbs/teas, be sure to read the warning labels on the box or check with your doctor if you have certain medical conditions or if they are appropriate for you. Herbs can be very powerful.



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