

CHEF AT THE MARKET

Chef: Sadie Roy, Food Service Director
Chartwells at Simpson University
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Mint Lemon Ginger Tea

3 sprigs fresh mint, washed
1 lemon, sliced
¼ of one ginger root, sliced
Water

Place ingredients in a pitcher and add one quart of hot water. Cover and let steep for ½ an hour, then fill pitcher the rest of the way with ice water. Enjoy!



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