

Go Natural's VIT C-Cocktail

Ingredients:

1. 300 ml brewed Rooibos, Honeybush and Herb (e.g. Buchu, Cinnamon, Cloves, Ginger, etc) blend or 200 ml Organic, un-pasteurised apple juice and 100 ml purified water.
2. ½ a Lemon.
3. ½ tsp Sodium Ascorbate (buffered Vitamin C).
4. 1 tsp Raw Honey to taste (not recommended with the apple juice combination).

Equipment: 2 l Glass tea pot.

Preparation:

- Pre-soak the tea ingredients, preferably overnight in distilled water for maximum nutrients to dissolve and be absorbed in the water.
- Brew the tea at low temperature, before boiling point and let it stand for approx 30 minutes.
- Pour the tea and let it cool to warm but touchable.
- Then add the Vitamin C and honey.
- Squeeze the lemon in the glass filled with tea or juice and mix all the ingredients until the Vit C is dissolved.

