

Cedar Tea



This traditional Indigenous tea can be made year-round. In addition to its evocative flavour—a bit like drinking in a cedar forest—it is high in vitamin C.

Serves 4

Prep time: 15 minutes

Ingredients

2 cups cedar leaves

4 cups water

1 tablespoon honey or a dash of maple syrup (to make it a vegan drink) to sweeten, as desired



Directions

Remove the leaves from the cedar, using nothing but the greenery for the tea.

Bring 4 cups of water to the boil and add the cedar leaves. Simmer for 10 minutes until the liquid is a golden colour.

Strain the liquid and add honey to sweeten.

Serve hot, warm, or cold.