

Sumac Sun Tea



This delicious late summer or early fall drink is full of vitamins and antioxidants, to say nothing of its zesty flavour! A simple drink to make from the deep red berries from the Staghorn Sumac.

Serves 4

Prep time: 35 minutes
(includes 30 minutes
sitting time)

Ingredients

8 drupes (berry clusters)

warm water as needed to
cover berries

1 tablespoon honey

mint for garnish, as desired



Directions

Lightly rinse berries and place in a large metal bowl. Cover with warm water and let sit in the sun for approximately a half hour.

Strain the liquid and add honey to sweeten.

Garnish and serve.