



4 servings



12 hours

redbud lemonade

ingredients:

- 1 cup redbud flowers
- 2 cups boiling water
- 1/4 cup maple syrup or honey
- a pinch of sea salt
- 3 organic lemons
- 4 cups of filtered water

instructions:

1. Place redbud flowers in a quart-sized mason jar.
2. Cover with 2 cups of almost-boiling water, add in the sweetener, a pinch of salt, mix well, and place a lid on top.
3. Set jar on the counter and let sit overnight or for at least 12 hours {this step is necessary for the color to extract}.
4. Strain the tea into a new jar and compost plant material. The redbud tea at this point will be very pale pink.
5. Squeeze the lemon juice into the tea and discard the lemon pulp and seeds. Add lemon juice to the redbud tea.
6. Stir well, and watch the color change before your eyes! Add the rest of the water to dilute.
7. Enjoy!

notes

- The more redbuds you add, the brighter the tea.
- Add more sugar if you'd like a sweeter and less tangy lemonade.
- Add a tablespoon of hibiscus flowers along with the hot water {step #2} for a brighter, magenta pink.