

Snow Chrysanthemum Iced Tea Lemonade

Cleansing • Cooling • Protective*

The popular iced tea lemonade recipe Half and Half is 50% black tea and 50% lemonade. It is a combination popularized by iconic golfer Arnold Palmer and is still sold under his trademark. Typical lemonade contains a lot of sugar. Our heathier interpretation is cleansing, cooling, protective and tastes amazingly refreshing.

Snow Chrysanthemum flower buds are extremely beneficial for supporting normal healthy blood pressure, blood sugar levels, and blood lipid levels.*

- 1 tbsp Snow Chrysanthemum
- 3 tbsp lemon juice
- 5 squirts Sweetfruit Drops (sweetener low in calories and glycemic index)
- Garnishes: lemon wheel, mint sprig
- 16 oz. water

Heat the water to near boil then remove from heat source. Add Snow Chrysanthemum and let it steep for 5 minutes. Filter the brew. Add lemon juice and Sweetfruit Drops. Serve over ice and add optional garnishes. Enjoy!

Alteration: For a caffeinated version, you can replace 50% of the Snow Chrysanthemum with 1/2 - 1 tbsp of Pu Erh (Code 18043) tea while retaining the functionality of the drink.

Interesting factoid

Arnold Palmer loved Ron's Ginseng Sublime Drops!



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