

Rhubarb and Apple Tisane (Tea)



- 1 quarter of a red apple
- 1 40 – 50 mm stalk of rhubarb
- 1 teaspoon of coconut flakes

Method:

Cut 1/4 red apple into 1mm slices, cut 1 40-50cm stalk rhubarb into 1mm slices. Lay on baking papered tray so none are sitting on top of each other.

Put in oven for 6-8hrs at 80 degrees or until rhubarb is hard to the touch.

Put in little mixing bowl, rip the apple slices into smaller pieces. Add in 1 teaspoon coconut flakes, again ripping into smaller pieces. Mix roughly. Store in cool dry place. Makes approximately a litre.

To make tea, steep 1 teaspoon of tisane for 5-10 mins in boiled water.