

# Late Summer Drink



Even if we are going into the Fall season, the heat of the Summer may last for a while. We want to be sure we stay cool as our body tends to accumulate heat from the Summer. The following is a simple sun tea or moon tea.

## What you need:

1. A glass jar
2. Organic coriander seeds
3. Organic fresh mint leaves

Add approximately or up to 1/6 of the glass jar with coriander seeds and mint leaves. Cover with water and let the Jar under the sun for a day for a refreshing drink or let the jar under the moon light for a cooling calming drink.

