

# Marshmallow Coco Tea

This tea is good for coughs and sore throats or simply for a yummy treat. It has a sweet and creamy-ish kind of flavor, perfect for a cold autumn night!

- 1 T. cut marshmallow root
- 1 T. unsweetened shredded coconut
- 1 T. cut licorice root or less depending on the sweetness you prefer
- 2 T. cacao nibs
- 4 c. distilled water

Place the marshmallow, coconut, licorice root, and cacao nibs into 4 cups of water. Simmer at low heat for 20 minutes. You can also use a French press for this. It has a milder flavor but still really yummy. This tea is more concentrated in flavor. If you like yours milder, add another two cups, this will water down the flavor a bit. No need to sweeten this tea. Strain off herbs and enjoy! Serves 3-4 people.

Recipe by Kelly Pomeroy