

# Strawberry Hops Tea

1-2 strobiles (“flowers”) of Hops  
1-2 sliced strawberries (fresh or frozen)

Bring 1 C. of distilled water to a boil. Remove from the heat and add 1-2 strobiles of hops. I prefer to cut mine in half or fourths. Place a lid over the tea and steep for 5 minutes. Remove the strobiles and add sliced berries to your tea. Enjoy!

Recipe by Lisa Fenton