



HIBISCUS AND COCONUT COOL DOWN COOLER RECIPE

Vata ↓, Pitta ↓, Kapha ↓

Makes: about 5 to 6 cups (cut the recipe in half or double as needed!)

Cook time: 15 minutes

INGREDIENTS

- 4½ cups water (ideally filtered)
- 4 heaping tablespoons COOL DOWN Tea blend
- 2 to 3 cups raw, organic coconut water (use 3 cups for more sweetness)

DIRECTIONS

1. Place the water in a medium saucepan and bring it to just below a boil.
2. Once heated, reduce the heat to the lowest setting and stir in the COOL DOWN Tea.
3. Steep uncovered for 15 to 20 minutes.

NOTE: If you wish to enhance the properties of the herbs, you can steep for up to 30 minutes, but the longer the steep, the more bitter and strong the herbs will be.

4. Strain the herbs into a stainless steel or glass vessel using a fine mesh strain, thin dish cloth, muslin cloth, cheesecloth, or thick paper towel.

NOTE: If you prefer a sediment free drink, a thin cloth or thick paper towel often will do the trick.

5. Let the tea cool to the desired temperature.
6. Add in the coconut water and blend evenly.
7. Serve in a fancy wine glass, rustic ball jar, or your favorite summertime glass.
8. Enjoy this tonic slightly cool throughout the heat of spring and summer (avoid ice please!). During the colder seasons, drink at room temperature or slightly warm.
9. This drink is a perfect companion during or after your workout, but can be taken daily anytime you need to stabilize excessive heat and balance your Pitta!
10. Store extra in the refrigerator in an airtight glass jar for up to 5 days.