



Rosemary Lemon Water

3 sprigs of fresh rosemary, about 4 inches long
1 quart water, heated just to boiling
1 teaspoon of honey
½ lemon, freshly squeezed

Gently bruise the needles of the rosemary to release the oils. (To bruise, roll the stems of rosemary in your hands.) Place rosemary in a heat safe container. Pour hot water over sprigs, let them steep about 10 minutes to infuse. Remove the sprigs. Sweeten with 1 teaspoon of honey and ½ of a freshly squeezed lemon. Taste and adjust flavors as needed. Serve hot or over ice for a refreshing drink.