

Rose Hips Lemonade

MAKES 2 CUPS

1 cup purified water

½ teaspoon dried rose hips

½ teaspoon dried hibiscus flowers

1 cup fresh lemonade or orange juice

1 lemon slice

RESISTANCE

All of the ingredients in this cooling, earthy refreshment originate from flowers and fruit and contain healthy quantities of vitamin C. Used as a preventative tonic, the beverage provides a concentrated dose of antioxidants (see page 62) in liquid form. Think of this drink as a potent and elegant way to get your Cs and boost your immune system.

> **Bring the water to a boil. Pour over the rose hips and hibiscus flowers. Allow to steep for 15 minutes and then cool to room temperature. Combine well with the lemonade or orange juice and serve cold over ice or refrigerated. Garnish with the lemon slice.**