



# The Essence of Herbal and Floral Teas

*Mary El-Baz*

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## **The Essence of Herbal and Floral Teas** Mary El-Baz

Enjoy gourmet tea shop flavors made in your own kitchen! Bring together the aroma of the sweetest flowers, as well as the tastes and health benefits of herbs in your everyday cuisine when you use the brewing and flavoring tips in *The Essence of Herbal and Floral Teas*. Discover the exquisite taste of herbs and edible flowers used in brewing refreshing, stimulating, or calming beverages and delectable desserts. Delight in the herbaceous and sweet floral aromas featured in the delicious recipes for sweeteners, lemonades and spritzers, ices and frozen treats, sangrias and party punches, herbal and floral tisane blends, flavored tea blends, and confections. *The Essence of Herbal and Floral Teas* includes tips on cultivating herbs and edible flowers in your garden and preserving for future use year-round. Author Mary El-Baz offers delightful recipes for aromatic and healthful herbal and floral teas, tisanes, beverages, and desserts including Lemon Mint Cooler, Nitey-Nite Tisane Blend, Chamomile Pear Cider, Jasmine Limeade, Fruity Mint Punch, Raspberry-Hibiscus Sorbet, Easy Lemon-Peppermint Ice, Candied Rose Hips, Raspberry and Violet Tartlets.

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