

Iced Peach Tea + Peach Pit Jam

Zero Waste Peach Iced Tea



Mocktail Ready in 25 minutes

6 Servings

Dosage varies per recipe.

Store in fridge for 2 weeks

Upcycled Peach Skin Jam

1. In the same pot add your skins, pits, 1 c of Coconut Sugar and extra juices from the peaches together on a low simmer.
2. Remove pits, clean them and let them dry in a sunny place. You can add these to the soil of a house plant for better air circulation!
3. Remove the jam from the stove top and blend skins in a blender or food processor. For added healthy benefits, Add a pinch of chia seeds and stir to incorporate. Store in the fridge overnight and enjoy chia peach skin jam for up to 2 weeks refrigerated.

Ingredients

- 1000 mg Blood Orange CBD Tincture (Hudson Valley CBD)
- Fresh Peaches
- Organic Coconut Sugar
- Black Tea / Green Tea

Preparation

1. Bring a pot of water up to boil and quickly blanch your peaches.
2. While they are submerged, fill a bowl with ice water.
3. Next, drain your peaches and immediately put them in the ice water.
4. While they cool, bring a pot of 6 cups of water to a boil and make your tea. Black tea can easily be replaced with green tea for added antioxidants!
5. While your tea cools, peel your peach skins off and save them and your seeds in a bowl. Squeeze your peaches over the skins and remove excess water.
6. Chop up your peaches into chunks and add them and your coconut sugar to the pot to simmer.
7. Simmer your peaches on medium low heat for 8 minutes, stirring occasionally.
8. Remove the fruit and add your desired amount of CBD, then puree, then cool completely.
9. Mix 1 tbsp at a time into your tea until you reach your desired sweetness.
10. Lastly, add the peach pits, skins and extra juices together into the same pot and reduce.
11. Remove pits, clean and dry in a sunny spot. Add dry pits to the soil of plants for better air circulation.