## <u>oncoalícia</u>



## **Red fruits** tea

## Ingredients (serves 1)

1 | water or ginger tea

A handful of raspberries

A handful of blueberries

## **Method**

- 1. Heat water until it boils. Add the berries and remove from
- 2. Cover with a plate and let it infuse for some minutes.
- 3. Sieve, if desired, and serve.