



## Jungle juice recipe

### Ingredients:

500ml cooled down Rooibos tea (2 teabags)

1 litre water

500ml Apple juice

30ml Blackthorn Berry Elixir (Schlehen)

1 Sachet Blackcurrent rehydrate

10 drops Rescue remedy

### Method:

1. Use a 2 litre jug
2. Immerse 2 teabags of ordinary Rooibos in 500ml boiled water.  
Wait for tea to cool down (+/- 15 – 20 min). Strain and discard teabags.
3. Add 1 litre cold water and 500ml apple juice to cooled down tea in 2 litre jug.
4. Mix in the other ingredients  
(Berry Elixir, Rehydrate and Rescue remedy)  
Store in fridge, drink chilled
5. Consume 2litres over 24 hours. One glass after/during every feed/express

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