



Energizing Tea Bomb

INGREDIENTS

1 ½ cups Hy-Vee granulated sugar
½ cup Hy-Vee light corn syrup, plus additional for garnish
⅓ cup Hy-Vee distilled water
1 tsp BeetElite black cherry-flavored concentrated beetroot crystals, divided; plus additional for garnish
3 tbsp dried goji berries, plus additional for garnish
2 tbsp Tiesta tea black Thai tropical loose leaf tea, plus additional for garnish
12 oz boiling water, for serving

PREPARATION

- 1** Cook granulated sugar, corn syrup, and distilled water together in a medium saucepan over high heat until a candy thermometer reaches 295°. Remove from heat.
- 2** Add ½ teaspoon cherry-flavored crystals, if desired. Cool to 265°. Place a dome silicone mold upside down on a rimmed baking pan lined with wax paper and spray mold with nonstick spray; wipe off excess. Prop the long side of the prepared baking pan up 2-inches with a measuring cup.
- 3** Pour sugar over each mold in a circular motion, covering each mold. Let set for 30 seconds; remove prop from under pan. use an oiled 2¼-inch round cookie cutter to push down around the base of each mold. Repeat cutting around each mold 3 or 4 times to release shell. Let sugar shells stand on molds for at least 20 minutes while preparing tea blend.
- 4** Stir together goji berries, black tea, and remaining ½ teaspoon cherry-flavored crystals in a small bowl. Gently remove extra sugar shell around each half-sphere mold, then remove each half-sphere shell from its mold. Turn silicone mold over; set half of the sugar shells into a half-sphere-shaped compartment. Fill each shell with 1 tablespoon tea mixture.
- 5** If desired, brush a small amount of corn syrup on cooled shells to attach additional goji berries, tea leaves, and/or cherry-flavored crystals.
- 6** Heat a nonstick skillet over medium heat. Melt edges of one unfilled half-sphere on skillet. Quickly place on top of a tea-filled half-sphere and gently press 20 seconds to seal. Store at room temperature, covered, for 1 week.
- 7** To serve, place 1 tea bomb in a 16-oz. mug. Slowly pour 12-oz. boiling water over the tea bomb. Steep 3 to 5 minutes, stirring occasionally until tea bomb melts. Strain through a fine-mesh sieve, if desired.