



Restorative 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 (0.8 gram) packet True Lemon crystallized lemon juice
4 tsp dried peaches, finely chopped
1 tbsp fresh mint, chopped; plus additional leaves for garnish
6 packet(s) double-green matcha tea bags
6 packet(s) organic lemon-mint tea bags
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** 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 crystallized lemon juice, dried peaches, and fresh mint in a small bowl; set aside. 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 teaspoon dried peach mixture, 1 double matcha tea bag, and 1 organic lemon-mint tea bag.
- 5** If desired, brush a small amount of corn syrup on cooled shells to attach additional mint leaves.
- 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.