

- Prep Time: 10 minutes
 - Cook Time: 15 minutes
 - Steeping Time: 8–10 minutes
 - Total Time: Approximately 35 minutes
 - Servings: 2 cups
 - Difficulty: Easy
 - Category: Beverage / Tea
 - Cuisine: Fusion / Wellness
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Ingredients

For the Tea Base

- 2 organic lemons (unwaxed, thoroughly washed)
- 4 cups (1 liter) filtered water
- 1 tablespoon fresh lemon juice (reserved from the lemons)
- 1-2 tablespoons raw honey or maple syrup (adjust to taste)
- 1 teaspoon freshly grated ginger (optional, for warmth)
- 4-5 fresh mint leaves (optional, for garnish and aroma)

For the Toasted Lemon Seeds

- Seeds extracted from the 2 lemons (approximately 20–30 seeds)
- A pinch of sea salt (optional, to enhance flavor)

Optional Enhancements

- 1 cinnamon stick
- 2–3 cardamom pods, lightly crushed
- 1 teaspoon dried chamomile flowers

Equipment Needed

- Small skillet or dry pan
- Mortar and pestle or the back of a spoon
- Medium saucepan

- Fine-mesh strainer
 - Teapot or heatproof pitcher
 - Measuring cups and spoons
 - Knife and cutting board
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Instructions

Step 1: Prepare the Lemons and Extract the Seeds (Time: 5 minutes | Intensity: Low)

Begin by thoroughly washing the lemons under warm running water to remove any wax or residue. Pat them dry with a clean kitchen towel. Using a sharp knife, cut each lemon in half and gently squeeze the juice into a small bowl—you should have about 3–4 tablespoons of fresh juice; reserve 1 tablespoon for the tea and set the rest aside for another use. Carefully extract the seeds from the lemon pulp using your fingers or the tip of a knife. Rinse the seeds under cool water to remove any lingering pulp and pat them dry. Set the seeds aside on a paper towel. Reserve the lemon rinds for optional garnish or composting.

Step 2: Toast the Lemon Seeds (Time: 4-5 minutes | Intensity: Medium-Low)

Place a small skillet over medium-low heat and allow it to warm for about 1 minute. Add the dried lemon seeds to the dry pan, spreading them into an even layer. Toast the seeds gently, stirring or shaking the pan every 30 seconds to prevent burning. The seeds are ready when

they become fragrant and slightly golden—this typically takes 3–4 minutes. Be attentive, as lemon seeds can turn bitter if over-toasted. Remove the pan from the heat and transfer the seeds to a small bowl to cool for 2 minutes.

Step 3: Crush the Toasted Seeds (Time: 2 minutes | Intensity: Low)

Once the seeds have cooled slightly, transfer them to a mortar and pestle. Gently crush them with a light pounding motion—you want to crack the seeds open to release their oils, not grind them into a fine powder. If you don't have a mortar and pestle, place the seeds on a cutting board and press down firmly with the back of a spoon or the flat side of a knife. The crushed seeds should resemble coarse crumbs. Set aside.

Step 4: Simmer the Water and Aromatics (Time: 8 minutes | Intensity: Medium)

Pour the 4 cups of filtered water into a medium saucepan and place it over medium-high heat. Bring the water to a gentle boil—this should take about 4–5 minutes. Once boiling, reduce the heat to low and add the crushed lemon seeds, grated ginger (if using), and any optional spices such as cinnamon or cardamom. Allow the mixture to simmer gently for 5–6 minutes, uncovered, so the flavors can infuse. Keep the heat low to avoid a rolling boil, which can make the tea cloudy and bitter.

Step 5: Add Lemon Juice and Sweetener (Time: 2 minutes | Intensity: Low)

Remove the saucepan from the heat. Stir in the reserved 1 tablespoon of fresh lemon juice and 1–2 tablespoons of honey or maple syrup, adjusting the sweetness to your preference. Add a pinch of sea salt if desired—this enhances the natural citrus flavor. Stir gently until the sweetener is fully dissolved. If you're using mint leaves, add them now and let them steep in the residual heat.

Step 6: Steep and Strain (Time: 8-10 minutes | Intensity: Low)

Cover the saucepan with a lid and allow the tea to steep for 8-10 minutes. This resting period allows the flavors to meld and the tea to develop its full character. After steeping, place a fine-mesh strainer over a teapot or heatproof pitcher and carefully pour the tea through the strainer, discarding the solids. If you prefer a clearer tea, line the strainer with a piece of cheesecloth or a paper coffee filter before straining.

Step 7: Serve and Enjoy (Time: 1 minute | Intensity: Low)

Pour the strained Lemon Seed Tea into two warmed mugs. Garnish each cup with a fresh mint leaf or a thin slice of lemon rind. Serve immediately while hot. For a chilled version, allow the tea to cool to room temperature, then refrigerate for at least 2 hours and serve over ice with a lemon wedge.

Timing and Intensity Summary

Step	Activity	Time	Heat Intensity
1	Prepare lemons and extract seeds	5 min	Low
2	Toast lemon seeds	4-5 min	Medium-Low
3	Crush toasted seeds	2 min	Low
4	Simmer water with aromatics	8 min	Medium
5	Add lemon juice and sweetener	2 min	Low (residual heat)
6	Steep and strain	8-10 min	Low (off heat)
7	Serve	1 min	None

Total Active Time: Approximately 22 minutes
Total Including Steeping: Approximately 35 minutes

Nutrition Information (Per Serving)

Based on 2 servings, using 1 tablespoon honey per serving. Values are approximate and may vary based on specific ingredients.

Nutrient		Amount per Serving
Calories	45 kcal	
Total Fat	0.2 g	
Saturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	8 mg	
Total Carbohydrates	12 g	
Dietary Fiber	0.5 g	
Total Sugars	10 g (including 8 g added sugars from honey)	
Protein	0.3 g	
Vitamin C	12% DV	
Vitamin B6	2% DV	
Potassium	45 mg	
Calcium	1% DV	
Iron	1% DV	
Magnesium	2% DV	