

## MESQUITE TEA

This is a great way to enjoy mesquite without having to grind the pods. Boil mesquite pods in a volume of water twice the volume of mesquite beans along with a cinnamon stick, let it sit overnight, strain out the solids, then you've got one tasty drink which is wonderful chilled! (You can also add a little piece of vanilla bean and/or a spot of honey.)

Mesquite flour is quite high in protein and known to be a low-glycemic superfood. It is also gluten-free, good for those with gluten intolerances. The flour also contains significant quantities of calcium, magnesium, potassium, zinc and the amino acid lysine.

Mesquite has a very distinct flavor that many are not acquainted with so if you are new to using mesquite, use it sparingly until you have acquired the taste for it.

Here are pictures of two different varieties that grow in central Arizona, all scattered all thought the state. Native America Indians make a ground flour out this these beans, pods and all. I've done that myself after properly preserving them and used them in muffin mixes and pancakes.

