

How to Make Herbal Teas

Suggestions for blends:

- Option 1: mallow, hibiscus, chamomile, rose green tea
- Option 2: rose hip, chamomile, peppermint, African tea
- Option 3: chamomile, lavender, jasmine, sencha tea
- Option 4: peppermint, mallow, calendula, rose green tea

Instructions:

For one cup of tea, use one teaspoon of tea and one teaspoon of flowers. Place tea and flowers into one the reusable tea bags. Place the filled tea bag into a cup of pre-boiling water (80° C or 176° F) and infuse for three minutes. Remove bag and sweeten with honey if desired.

For a pot of tea, use 2 teaspoons of tea and 2 ½ teaspoons of flowers. Place tea into one the reusable tea bags. Place the filled tea bag into a cup of pre-boiling water (80° C or 176° F) and infuse for three minutes. Remove bag and sweeten with honey if desired.

