

Tranquil Tea Instructions

Materials:

½ cup chamomile

¼ cup lemongrass

¼ cup rose petals

Water

Glass jar (or any container with a lid)

Tea infuser or tea bag

Teapot or another method for boiling water

Your favorite mug

Instructions:

1. Add all of the herbs to your glass jar. Shake until they are well mixed.
2. Add 1 tbsp. of the mixture into a tea infuser.
3. Add 8 oz. of water into a teapot and bring to a boil.
4. Place the tea infuser into a mug and cover with boiling water. Let your tea steep for at least 5 minutes.
5. Optional: add a little raw honey or your favorite sweetener to help bring out the flavors.
6. Store in airtight container for future use.