



PLANTAIN

Leaf Tea

A SIMPLE HERBAL TEA FOR EVERYDAY WELLNESS



Plantain (*Plantago major* & *Plantago lanceolata*) is a gentle yet powerful herb that can be used in teas, salves, soups, and everyday wellness recipes.



MAKES: 1 CUP

INGREDIENTS

- 1–2 teaspoons dried plantain leaves or 1 tablespoon chopped fresh leaves
- 1 cup hot water
- Honey or lemon, optional



INSTRUCTIONS

- 1 Place the plantain leaves in a cup or tea infuser.
- 2 Pour hot water over the leaves.
- 3 Cover and steep for 10–15 minutes.
- 4 Strain thoroughly.
- 5 Add honey or lemon, if desired, and serve warm.



FLAVOR: Mild, earthy, green, and slightly grassy.



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