



Rosemary

POTENTIAL BENEFITS:

Traditionally used to stimulate circulation.
Pleasant warming herb for teas and cooking.



ROSEMARY GINGER TEA

INGREDIENTS:

- 1 teaspoon dried rosemary
- 1 teaspoon fresh grated ginger
- 2 cups hot water

DIRECTIONS:



Steep 10 minutes.
Strain and enjoy warm.

Rosemary adds a refreshing, aromatic touch to your daily wellness ritual.



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