



Everything Herbal

— by Cheryl Jabz —



Oregano Tea Recipe

Warm • Herbal • Comforting

Oregano tea is a warm, herbal drink made by steeping dried oregano or fresh sprigs in hot water. It has a naturally bold, slightly peppery flavor and is often enjoyed for soothing herbal support.



INSTRUCTIONS

- 1 Add 1–2 teaspoons of dried oregano (or a few fresh sprigs) to 1 cup of boiling water.
- 2 Cover and steep for 5–10 minutes.
- 3 Strain and serve.

OPTIONAL:

Add honey or lemon to soften the naturally bitter, slightly peppery flavor.

POTENTIAL SIDE EFFECTS & CONSIDERATIONS

Oregano tea is generally considered safe when consumed in moderate amounts. However, keep the following in mind:



ALLERGIC REACTIONS:

Some individuals may experience reactions such as skin irritation or respiratory symptoms.



IRON ABSORPTION:

Oregano may reduce the body's ability to absorb iron, which could be a concern for those with iron deficiency.



PREGNANCY:

Not recommended during pregnancy, as oregano may stimulate uterine contractions.



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