

EVERYTHING HERBAL

by Cheryl Jabz



Nature's
Gentle
Healer



Chamomile Tea Recipe

Calming Herbal Tea for Sleep & Relaxation

Chamomile tea is a gentle, naturally caffeine-free herbal infusion known for its calming effects, digestive support, and ability to promote restful sleep. This easy chamomile tea recipe is perfect for winding down in the evening or soothing an upset stomach.



INGREDIENTS

- 1–2 teaspoons dried chamomile flowers
- (or 1 chamomile tea bag)
- 1 cup hot water (about 200°F / 93°C)
- **Optional:** 1 teaspoon raw honey, 1 lemon slice, fresh mint leaves



INSTRUCTIONS

Bring water to just below boiling. Place chamomile flowers or tea bag into a mug. Pour hot water over the chamomile and cover. Let steep for 5–10 minutes depending on desired strength. Strain loose flowers if needed. Add honey, lemon, or mint to taste.



SAFETY TIPS

Avoid if allergic to ragweed or similar plants. Consult a healthcare provider if pregnant or taking medications. Use in moderation for best results.



IMPORTANT SAFETY NOTES: Chamomile is generally safe for most people, but it may cause allergic reactions in individuals sensitive to plants in the daisy family, such as ragweed or chrysanthemums. If you have known plant allergies, use caution or consult a healthcare professional before use.



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