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by Cheryl Jabz

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Valerian Bedtime Tea



A warm cup. A quiet mind. A restful night. ♥

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INGREDIENTS

- 1 teaspoon dried valerian root
- 1 teaspoon chamomile flowers
- 1 teaspoon lemon balm
- 2 cups hot water
- Honey to taste



INSTRUCTIONS

Place herbs into a tea infuser or teapot. Pour hot water over herbs. Cover and steep for 10–15 minutes. Strain and sweeten with honey if desired. Enjoy 30–60 minutes before bedtime.



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