

Everything
HERBAL

by Cheryl Jabez

Nourish
Your Body
Calm Your Mind
One Cup at a Time!

DIGESTION & GUT COMFORT

"He heals the brokenhearted
and binds up their wounds."

— Psalm 147:3 (NIV)

Bubbie's Daily Cup of Tea

GINGER LEMON PEPPERMINT TEA

A refreshing, soothing blend to help
ease digestion, calm the tummy,
reduce bloating and bring
comfort — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 1 Tbsp fresh ginger (sliced) or 1 tsp dried
- 1 Tbsp dried peppermint leaves (or fresh)
- 1 Tbsp dried chamomile flowers
- 1 lemon, sliced
- 1–2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add ginger and simmer for 5–10 minutes.
- 3 Remove from heat and add peppermint and chamomile.
- 4 Let steep for 5 minutes.
- 5 Strain into cups.
- 6 Add lemon slices and honey if desired.
- 7 Sip slowly and enjoy!

SCAN & VISIT



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