



Everything HERBAL

— by Cheryl Jabz —

Rosemary Citrus Circulation Tea



BENEFITS

-  Rosemary has long been used as a circulatory tonic.
 -  Citrus adds antioxidants and flavor.
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INGREDIENTS

- 2 cups hot water
 - 1 tablespoon fresh rosemary
 - Juice of 1/2 lemon
 - 1 teaspoon honey
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INSTRUCTIONS

1. Place rosemary in a teapot.
 2. Pour hot water over the herb.
 3. Steep 10 minutes, then strain.
 4. Stir in lemon juice and honey.
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