



EVERYTHING HERBAL

by Cheryl Jabz

Nature's
Gentle
Healer

Chamomile Ginger Cinnamon Lemon Tea

A warming herbal tea for comfort, digestion & relaxation

INGREDIENTS

- 1 tbsp dried chamomile flowers (or 1 tea bag)
- 1–2 inches fresh ginger, sliced
- 1 small cinnamon stick (or 1/2 tsp ground cinnamon)
- Juice of 1/2 lemon
- 1–2 cups water
- **Optional:** honey or maple syrup to taste

INSTRUCTIONS

Bring water, ginger, and cinnamon to a gentle boil. Reduce heat and simmer for 10 minutes to extract the warming flavor. Remove from heat and add chamomile. Steep for 5–7 minutes. Strain into a cup. Add fresh lemon juice and honey or maple syrup if desired.

Serving Tip:

Enjoy warm in the evening or when you want a soothing, comforting cup.

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