



Vanilla Honey Dream

A SOOTHING HERBAL TEA
FOR RESTFUL NIGHTS

INGREDIENTS:

- 1 tsp chamomile
- 1 tsp rooibos
- 1/2 tsp lavender
- Honey to taste
- Tiny splash vanilla extract

INSTRUCTIONS:

- 1 Steep herbs in hot water for 10 minutes.
- 2 Stir in vanilla and honey.

Why People Like It:

Naturally caffeine-free • Rooibos is rich in antioxidants •
Warm vanilla aroma can feel comforting before bed.



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