

Herbal Recipes to Support Women's Health

• NOURISHING RECIPES • NATURAL INGREDIENTS • STRONGER YOU •

Everything Herbal

by Cheryl Jabz

NOURISH • SUPPORT • THRIVE

Bubbie's Raspberry Leaf Nourishing Tea

A gentle, mineral-rich tea traditionally used to tone the uterus, support monthly cycle comfort, and prepare the body for pregnancy and labor. Raspberry leaf is also a source of vitamins and minerals that support women's overall wellness.



Gentle.
Nourishing.
Made with
Herbs.

INGREDIENTS (Makes 2 Cups)

- 2 tsp dried raspberry leaf
- 2 cups filtered water
- 1 tsp dried nettle leaf (optional)
- 1 tsp dried red clover (optional)
- 1 tsp honey or lemon (to taste)



DIRECTIONS

- 1 Bring 2 cups of water to a boil.
- 2 Add raspberry leaf (and optional herbs).
- 3 Reduce heat and simmer for 10–15 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups. Add honey or lemon to taste.
- 6 Enjoy warm or iced. Drink 1–2 cups daily.

♡ Bubbie's Tip:

Raspberry leaf tea is best enjoyed consistently for gentle, ongoing support.

HERBAL SUPPORT

Raspberry leaf provides nutrients that may help tone and strengthen the uterus, support menstrual comfort, and prepare the body for pregnancy and labor. It also supports overall women's well-being and energy.

THE EVIDENCE

Traditional herbal texts and modern reviews suggest raspberry leaf may support women's reproductive health and pregnancy outcomes.

Bone, K. (2019). *Clinical Applications of Medical Herbalism*. Elsevier.
Gurbuz, I., et al. (2013). The effect of raspberry leaf tea on labor and delivery. *Journal of Perinatal Education*, 22(1), 37–43.

View study: pubmed.ncbi.nlm.nih.gov/23326376

PLEASE NOTE

These recipes are for general wellness support and are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider if you have any health conditions, are pregnant, nursing, or taking medications.

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Always use herbs responsibly. If you have a medical condition or are taking medications, consult your healthcare provider before adding new herbs to your routine. ♡