

Everything Herbal

by Cheryl Jabz

Tart Cherry Sleep Tea

A cozy evening tea for restful nights.

INGREDIENTS



1 cup tart cherry juice



1/2 cup water



Cinnamon stick



1 chamomile tea bag

INSTRUCTIONS



Warm gently – do not boil.
Steep tea bag 5 minutes.



WHY IT'S POPULAR:

Tart cherry naturally contains melatonin compounds that may support sleep quality.



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