

A PEACEFUL PROMISE

"I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety."

— Psalm 4:8 (KJV)



Bubbie's Cup of Tea

CHAMOMILE TEA

GENTLE • FLORAL • COMFORTING

Traditionally enjoyed as a gentle floral tea for relaxation and digestive comfort.

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 2 Tbsp dried chamomile flowers or 2 tea bags
- 1-2 tsp honey (optional)
- 2 thin lemon slices (optional)

BUBBIE'S TIP

Steep 5 minutes for a delicate cup or up to 7 minutes for a fuller floral flavor. Keep the pot covered while steeping.

DIRECTIONS

Steep 5-7 min

- 1 Bring water just to a boil, then remove from heat.
- 2 Add chamomile, cover, and steep for 5-7 minutes.
- 3 Strain into two cups or remove the tea bags.
- 4 Add honey and lemon, if desired, and sip warm.

GOOD TO KNOW • Avoid chamomile if you are allergic to ragweed, daisies, chrysanthemums, or marigolds. Chamomile may interact with medicines; ask a healthcare professional if you take medicine or are pregnant or breastfeeding.

Source: National Center for Complementary and Integrative Health (NCCIH) – Chamomile: Usefulness and Safety

SCAN & VISIT



HERB INFO • TASTY RECIPES

Everything Herbal
by Cheryl Jabz

www.EverythingHerbalbyCherylJabz.com

Live Well • Naturally • Everyday

HERBS FOR THE BODY • PEACE FOR THE SOUL

FOLLOW & CONNECT!



@EverythingHerbalbyCherylJabz

Facebook • Instagram
Pinterest • YouTube • TikTok

PRINT • SAVE • SHARE

For educational use; not a substitute for individualized medical care.