



Everything HERBAL *by Cheryl Jabz*

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Thyme Herbal Tea

INGREDIENTS:

- 1 tsp fresh thyme or ½ tsp dried thyme
- 1 cup hot water
- Honey and lemon (optional)

INSTRUCTIONS:

Steep thyme in hot water for 5–10 minutes. Strain and add honey or lemon if desired.



Thyme



Often enjoyed for soothing seasonal discomfort and supporting respiratory wellness.

SCAN ME



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