



Everything Herbal

by Cheryl Jabz

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Valerian Citrus Sleep Syrup



INGREDIENTS:

- 2 tablespoons dried valerian root
- 2 cups water
- Peel of 1 orange
- 1 cinnamon stick
- 3/4 cup honey

INSTRUCTIONS:

Simmer valerian, orange peel, and cinnamon in water for 20 minutes. Strain well. Return liquid to pan and stir in honey. Warm gently until combined. Cool and refrigerate.

Use:

Add 1 tablespoon to warm tea. ~ Stir into sparkling water. ~ Mix into warm milk.



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