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Herbal 
by Cheryl Jabz

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Valerian Herbal Honey



INGREDIENTS:

- 1 tablespoon dried valerian root
- 1 cup raw honey
- Small glass jar

INSTRUCTIONS:

Place valerian root into a clean jar. Pour honey over the herb. Stir gently to remove air bubbles. Seal and let infuse for 1–2 weeks. Strain if desired.

WAYS TO USE:

Stir into evening tea. • Drizzle into warm milk. • Add to herbal blends.



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