



EVERYTHING HERBAL

by Cheryl Jabz

Clove Water Recipe

Boost your wellness with this simple herbal infusion. Clove water is rich in antioxidants and can support digestion, circulation, and overall vitality.

QUICK BOILED METHOD

(Stronger Flavor)

INGREDIENTS:

- 1-2 cups water
- 5-6 whole cloves

INSTRUCTIONS:

Bring water to a boil in a pot. Add 5-6 whole cloves. Reduce heat and simmer for 5-7 minutes. Turn off the heat, cover, and steep for 10-15 minutes. Strain & pour into a mug or container.



KITCHEN TIP

A little clove goes a long way—use sparingly to avoid overpowering other flavors.

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