



Everything Herbal by Cheryl Jabz ♡

Herbs for Health ✕ Home ✕ Body ✕ Garden ✕ Kitchen

Simple. Natural. Made with Love. ♡



NETTLE Lemon Tea

A warm, soothing herbal tea that combines the nourishment of nettle leaf with the bright, refreshing flavor of lemon and the natural sweetness of honey.

Benefits of Nettle Tea

- ♡ Supports seasonal wellness
- ♡ Rich in vitamins & minerals
- ♡ Promotes healthy joints
- ♡ Natural detox & energy support

INGREDIENTS

- ♡ 1 tsp dried nettle leaf
- ♡ 1 cup hot water
- ♡ 1 tsp honey
- ♡ Lemon slice



INSTRUCTIONS

- 1 Steep nettle in hot water for 10 minutes.
- 2 Strain.
- 3 Add honey and lemon.
- 4 Stir and enjoy warm!



— A simple tea for body & soul. —



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