



Everything Herbal

BY CHERYL JABZ



Lemon Lavender Leg-Calm Tea



*A soothing herbal blend to
help you unwind and relax.*



INGREDIENTS:

- 1 tsp lemon balm
- 1 tsp chamomile
- 1/2 tsp lavender
- Slice of fresh lemon

INSTRUCTIONS:

Steep 10–12 minutes covered.



OPTIONAL ADDITIONS:

- ♥ Honey
- ♥ Tiny pinch of magnesium powder supplement approved for drinks



Scan to visit
Everything Herbal
by Cheryl Jabz



Download This Page

www.EverythingHerbalbyCherylJabz.com

Print • Save • Share

