

Everything HERBAL

by Cheryl Jabz

PEACE & RESTORE

“Come to me, all you who are weary and burdened, and I will give you rest.”

— Matthew 11:28 (NIV)

Bubbie's Cup of Tea

LEMON BALM LAVENDER TEA

A gentle cup for body & soul!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried lemon balm
- ♥ 1 tsp dried lavender buds
- ♥ 1 tsp dried chamomile flowers (optional)
- ♥ 1 tsp honey (optional)
- ♥ Fresh lemon slice (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Remove from heat and add lemon balm, lavender, and chamomile.
- 3 Cover and steep for 8–10 minutes.
- 4 Strain into cups.
- 5 Sweeten with honey and add lemon slice if desired. Sip slowly and relax.



Bubbie's TEA TIP

Lemon balm is traditionally used to support calm, ease stress, and promote restful sleep.

BUBBIE'S TIP

Enjoy this tea in the evening as part of your wind-down routine. Breathe. Relax. Rest.

GOOD TO KNOW

Lavender and lemon balm are gentle herbs that can be enjoyed daily as part of a balanced herbal lifestyle.

Source: Mayo Clinic – Lemon Balm Overview

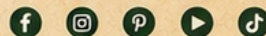
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