

Everything
Herbal

by Cheryl Jabz



100%
NATURAL

Classic Peppermint Tea

Cooling • Soothing • Refreshing

A simple, soothing herbal tea with a cool minty flavor, perfect for relaxing and supporting digestion.

INGREDIENTS

- 1 tbsp fresh peppermint leaves (or 1 tsp dried)
- 1 cup hot water
- Optional:** honey or lemon

INSTRUCTIONS



Steep for 5–10 minutes, strain, and enjoy.



Benefits: digestion, relaxation, immunity boost.

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