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# Everything HERBAL

by Cheryl Jabz

Bringing Herbs to Life, Naturally. ♥

SCAN ME



RECIPES, TIPS &  
HERBAL INSPIRATION

## Herbal Tea Ice Cubes

Brew your favorite herbal teas,  
freeze into cubes, and enjoy a burst  
of flavor and wellness in every sip!

### GREAT TEA CHOICES



Chamomile – calming



Hibiscus – refreshing  
& colorful



Peppermint – cooling



Green tea – energizing



Lavender tea – relaxing



### EASY TO MAKE!

Brew strong tea, cool  
completely, then freeze.



### USE IN:

- ♥ Iced tea
- ♥ Lemonade
- ♥ Smoothies
- ♥ Sparkling water



REAL INGREDIENTS ✨ SIMPLE RECIPES ✨ EVERYDAY WELLNESS

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www.EverythingHerbalbyCherylJabz.com

