

Everything HERBAL

by Cheryl Jabz

JOY & PEACE

"The Lord bless you and keep you;
the Lord make his face shine on
you and be gracious to you;
the Lord turn his face toward you
and give you peace."

— Numbers 6:24-26 (NIV)

Bubbie's Cup of Tea

CHAMOMILE LAVENDER LEMON BALM TEA

A relaxing cup for peace, rest & renewal.

INGREDIENTS

Makes 2 cups • Prep 5 min

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

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Remove from heat and add chamomile, lavender, and lemon balm.
- 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 enjoy.

SCAN & VISIT



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