



Everything HERBAL

— by Cheryl Jabz —



Lemon Balm Tea

Gentle Herbal Tea

A light, soothing herbal tea
made with lemon balm leaves.

Perfect for relaxing and
unwinding, especially in
the evening.



INGREDIENTS:

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



INSTRUCTIONS:

- 1 Add lemon balm to a cup.
- 2 Pour hot water over the leaves.
- 3 Steep for 5–10 minutes.
- 4 Strain and enjoy.
- 5 Great for relaxation before bedtime.



Tip:

Best enjoyed warm in the evening
for a calming, refreshing cup.



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