

Everything Herbal
by Cheryl Jabz

Bay Leaf Herbal Tea



Ingredients

- 1–2 dried bay leaves
- 1 cup hot water
- Honey or lemon (optional)

Instructions

- 1 Steep bay leaves in hot water for 5–10 minutes.
- 2 Strain and enjoy warm.

Traditionally used in herbal wellness practices for digestion and relaxation.



Cheryl's Tip

Add a touch of honey or a squeeze of lemon for extra flavor.



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