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by Cheryl Jabz.



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Chamomile Relaxation Cubes



Soothing chamomile, sweet honey
and lemon for a calm, refreshing sip.



INGREDIENTS:

- 2 cups chamomile tea
- 1 tsp honey
- Lemon slices

INSTRUCTIONS:

Brew chamomile tea and
cool completely. Stir in honey.
Add lemon pieces to tray.
Pour tea into tray and freeze.

GREAT FOR:

- ♥ Evening iced tea
- ♥ Relaxing
- ♥ Summer drinks



TIP:

Add fresh
mint leaves for
extra freshness!



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