



Everything Herbal

by Cheryl Jabz

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RECIPE



Passionflower Sleep Syrup

A calming herbal syrup for tea or warm water.



INGREDIENTS

- 1 cup water
- 1 tablespoon passionflower
- 1 tablespoon chamomile
- 1/2 cup honey

INSTRUCTIONS

-  Simmer herbs in water for 10 minutes.
-  Strain out herbs.
-  Stir honey into warm liquid.
-  Store refrigerated up to 2 weeks.



TO USE: Mix 1 tablespoon into warm tea before bed.



BENEFITS: Passionflower supports relaxation.
Chamomile adds gentle calming effects.

SCAN ME



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