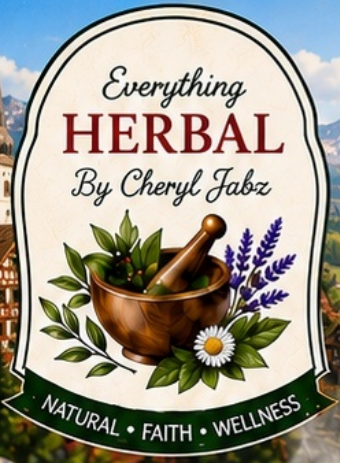




A TASTE OF GERMANY



GERMAN HERBAL TEA

Calming • Comforting • Naturally Soothing



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A traditional German herbal tea blend made with chamomile, peppermint, lemon balm, and a touch of lavender. This soothing tea supports relaxation, digestion, and overall wellness. Enjoy hot to unwind or iced for a refreshing, calming treat.



INGREDIENTS

- 2 tsp dried chamomile flowers
- 1 tsp dried peppermint leaves
- 1 tsp dried lemon balm (melissa)
- 1 tsp dried lavender buds
- 1/2 tsp dried linden flowers (optional)
- Honey or raw honey (optional)
- Lemon slice (optional)



INSTRUCTIONS

- 1 Add all herbs to a teapot or large tea infuser.
- 2 Pour 2 cups of boiling water over the herbs.
- 3 Cover and steep for 8–10 minutes.
- 4 Strain and pour into your favorite cup.
- 5 Add honey and lemon slice if desired.
- 6 Sip slowly and enjoy the calming comfort of this traditional German tea.



HERBAL TIP

This blend is perfect after meals to support digestion or in the evening to promote relaxation and restful sleep.



HERBAL HIGHLIGHTS



CHAMOMILE
Known for its calming properties; promotes relaxation and restful sleep.



PEPPERMINT
Supports digestion, soothes the stomach, and refreshes the mind.



LEMON BALM
Nourishes the nervous system and helps relieve stress and anxiety.



LAVENDER
Promotes calmness, relieves tension, and supports restful relaxation.



LINDEN FLOWER
Traditionally used to support relaxation and seasonal wellness.

Ezekiel 47:12 (KJV)

“And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall their fruit be consumed: they shall bring forth new fruit according to their months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.”



NATURAL
INGREDIENTS



FAITH
INSPIRED



HERBAL
LIVING



MADE FOR
EVERY KITCHEN



MADE
WITH LOVE

Simple Ingredients.
Wholesome Living.
Herbal Goodness.



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