

Lavender Chamomile Tea

1 SERVING 10 MINUTES

INGREDIENTS

- 2 cups boiling water
- 2 tsp dried chamomile flowers
- 1 tsp dried lavender flowers
- 3-4 calendula blossoms (fresh or dried)
- Honey or lemon (optional)

DIRECTIONS

1. Steep the chamomile and lavender flowers in the boiling water for 5-7 minutes. If using fresh calendula blossoms, add them in the last minute of steeping.
2. Strain the tea into cups.
3. Add a few calendula blossoms for garnish (if using fresh).
4. Sweeten with honey or add a squeeze of lemon to taste (optional).

TIPS

- Make sure you identify your calendula flowers correctly. Only use flowers from a reputable source or your own garden that you know haven't been treated with pesticides.
- You can adjust the amount of chamomile and lavender depending on your preference for a stronger or milder floral taste.
- Other edible flowers that can be substituted or added to this tea blend include rose petals, hibiscus, or pansies.