

HOMEMADE HERBAL TEA

PEPPERMINT TEA

Take four or five washed mint leaves (use six to eight if you're making a pot), put in a cup of boiling hot water, and cover with either a mug cover or tiny plate to allow the mint leaves to infuse the water. Let the tea stand for about five to ten minutes before drinking. You can remove the leaves with a spoon or enjoy the tea with the leaves in the cup.



GINGER TEA

Take one-inch piece of peeled, thinly sliced ginger. Put in a pot and pour in boiling water enough to fill the pot until it's almost full). Let the tea steep for about 15 minutes.

PARSLEY TEA

Boil two cups of water and pour over parsley. Similar to the peppermint tea, cover with either a mug cover or tiny plate to allow the parsley to infuse the water. If the water isn't green when you take the plate off, then it needs to steep longer.

Other herbs like basil, chamomile flowers, thyme, verbena and sage are edible as well, so feel free to experiment with them too!

TO ADD SWEETNESS TO TEA, SKIP THE SUGAR, ADD A BIT OF HONEY OR AGAVE NECTAR.