

# Herbal Tea

**Yield**: 6 servings

**Ingredients** :

Large handful of fresh herb or flower of your choice  
(Our favorites are fresh mint or chamomile flowers)

**Directions** :

1. Place the herbs or flowers into a large pot. Fill the pot with water.
2. Bring to a boil and then remove the pot from heat. Let the tea steep for 20 minutes or more, depending on desired strength.
3. Strain the tea and serve immediately, or place in the refrigerator and serve chilled.

