

# *My favorite herbal teas*

---

**By Nanny Peri**



*For Daniel*

**Date: October 2013**

*Daniel made Nanny Peri an amazing herbal tea when she was feeling unwell. It made her feel better straight away.*

*Special herbal teacups are used for herbal teas...*



---

*By Nanny Peri*

## *Tea for colds and flu*

- *Sage leaves*
- *Hot water to steep the sage leaves in*
- *A dash of Lemon for flavour*
- *Sweeten with honey*



## *Tea for indigestion*

- *Peppermint leaves*
- *A curl of Cinnamon*
- *Hot water to steep the leaves in*
- *Sweeten with honey*



---

*By Nanny Peri*

## *Tea for tummy cramps*

- *Lemon balm leaves*
- *6 cloves*
- *Hot water to steep*
- *A squeeze of lemon for flavour*
- *Sweeten with honey*



## *Tea for good sleep*

- *Chamomile flowers*
- *Hot water to steep the flowers  
(only steep for 2 minutes then  
remove the flowers!)*
- *Sweeten with honey*



---

*By Nanny Peri*

## *Loving tea*

- *Violet flowers*
- *Rosemary leaves*
- *Some Mâté*
- *Elderflowers*
- *Rose petals*
- *Marigold petals*
- *Lime flowers*
- *Some China tea leaves*
- *A Cardamom pod*





## *Faith's daily Lupus tea*

- *Pieces of Liquorice root*
- *Piece of Ginger root*
- *Hot water to steep the roots*
- *Add a dash of Lemon*





---

*By Nanny Peri*

## *Dragonflower tea*

- *Rosehips*
- *Red Hibiscus flowers*
- *Rose petals*
- *Hot water to steep*



## *Sailor's bad weather tea*

- *Cinnamon curls*
- *Pieces of Ginger root*
- *Aniseed*
- *Nutmeg, powdered*
- *Pimento, powdered*
- *Cardamom*
- *Piece of Liquorice root*
- *Lemon balm leaves*
- *Hot apple juice to steep*



---

*By Nanny Peri*

## *Red tea*

- *Rooibos (bushman's tea)*
- *Red Hibiscus flowers*
- *Rosehips*
- *Rose petals*
- *Hot water to steep, and honey*



**By Nanny Peri**

---

A book for Daniel

With love from their Nanny Peri at St Kilda XXXXX