

Tulsi Lavender Tea

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Prep: 5 Cook: 5 Rest: 0 Servings: 1

Ingredients

- 1 tsp ▸ Tulsi (Holy Basil)
- 1 cup ▸ Water
- 1 tsp ▸ Lavender
- ½ tsp ▸ Chamomile (optional)
- ½ tsp ▸ Hops
- ½ tsp ▸ Peppermint (optional)

Instructions

1. Combine Herbs

Combine Tulsi, Lavender, Hops, and optional Peppermint and Chamomile in a tea infuser or directly in a mug.

2. Steep Tea

Pour hot water over the herbs. Steep for 5 minutes.

3. Enjoy

Remove the infuser or strain the tea. Enjoy your calming Tulsi Lavender tea!

Source: https://youtu.be/HX_Qbde24eI