

# 4 Best Herbal Tea Recipes For Good Health

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**Prep: 5   Cook: 10   Rest: 0   Servings: 4**

## Ingredients

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- 4 cup ▶ Water
- 4 tbs ▶ Herbal Tea blend (e.g., chamomile, ginger, peppermint)

## Instructions

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### 1. Boil Water

Bring 4 cups of water to a boil in a saucepan.

### 2. Steep Tea

Add 4 tablespoons of your chosen herbal tea blend to the boiling water. Reduce heat to a simmer and steep for 5 minutes. Tip: Adjust steeping time based on your preferred strength.

### 3. Strain and Serve

Strain the tea through a fine-mesh sieve or tea strainer into mugs. Serve warm and enjoy!

Source: <https://youtu.be/U8g-kx8UPvk>