

Herbal Tea

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

Ingredients

- 1 handful ▶ Fresh Herbs
- 1 cup ▶ Water

Instructions

1. Boil Water

Boil water in a pot. Tip: Use filtered water for a purer taste.

2. Strain and Serve

Strain the tea through a sieve into a cup. Serve immediately and enjoy!

3. Steep Herbs

Once boiling, add the herbs to the water and let it steep for 5 minutes. Tip: Adjust steeping time depending on the herbs used and desired strength.

4. Prepare Herbs

Wash and roughly chop your chosen fresh herbs. A mix of herbs is recommended for best flavor.

Source: <https://youtu.be/NIng-LDUzaQ>