

## **Calming Chamomile Blend**

Steep 1 tsp of dried chamomile with a slice of lemon in hot water for 5 minutes to ease stress and promote restful sleep.

Ingredients:

1 tsp- 1tbs of dried chamomile (depends on how strong you would like it)

Slice of lemon- I like to use food grade dehydrated lemons though fresh organic is great too.

Boil 1-2 cups of water remove from heat

Add Dried chamomile and cover for 5-10 minutes

Strain if not using a tea steeper or bag.

Add honey for sweetness (optional)

Relax and enjoy!