

Liquid Asprin

Blend White Willow Bark and Cinnamon let Steep 30 minutes in boiling water and add honey for sweetness. Sip Slowly, relax and let the tea do its thing.

Ingredients:

2 TBS of White Willow Bark

1 Cinnamon Stick

Bring 2 cups of water to a rolling boil and remove from heat

Steep white willow bark and cinnamon stick for 30 minutes covered

Add honey for sweetness

Drink slow sips

WARNING

****Do not take this if you are on blood thinners or allergic to Asprin***