

# Rest & Digest Tea

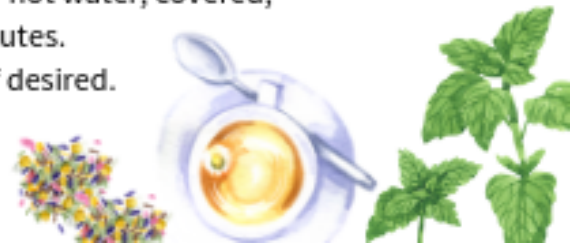
This tea is lightly floral, delicious, and calming.

- 1 tablespoon dried lemon balm
- 1 tablespoon dried chamomile flowers
- 1 tablespoon dried rose petals
- 1 tablespoon dried oatstraw
- Pinch of dried lavender flowers

Steep the herbs in 14 ounces of hot water, covered,  
for 5 (or 20) minutes.

Strain. Add honey if desired.

Enjoy!



# Cold Brew Lemon Balm

*A refreshing drink for hot summer days*

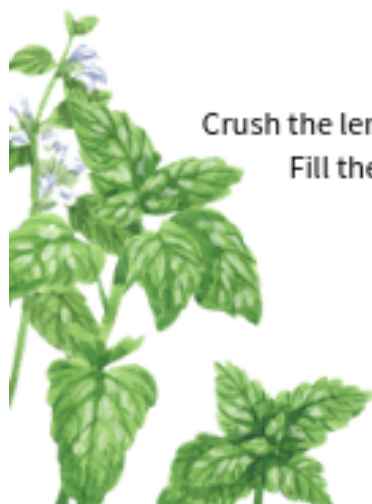
- 2 springs fresh lemon balm (15-20 leaves)
- 1 quart water

Crush the lemon balm (to release its scent) and add it to a quart jar.  
Fill the jar with cool water, cover, and put in the fridge.

Steep for 30 minutes or overnight.

Strain, only if desired.

Drink within 24 hours.



# Lemon Balm Nourishing Infusion

*A strong brew that is deeply relaxing.*

1/2 cup dried lemon balm

3 1/2 cups of water

Place the lemon balm in a 1-quart jar or teapot.

Fill the jar with just-boiled water.

Add honey or stevia if desired.

Let steep, covered, for 4 hours or overnight.

Strain.

Drink within 24 hours.



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