



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Calming Lavender Tea **MAKES** 1 cup

CATEGORY Beverage **PREP TIME** 2 minutes **COOK TIME** 5 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 c	boiling water
1 tsp	lavender buds
1 tea bag	chamomile tea
to taste	honey (optional)
to taste	squeeze of lemon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Pour boiling water over lavender buds and tea bag, allow to steep for at least 5 minutes.
3. Remove tea bag and strain tea through a fine mesh sieve.
3. Add honey and a squeeze of fresh lemon to taste, drink at your leisure.

MY NOTES
