RECIPE

Garden Herbal Tea

A quick and easy way to enjoy cold or warm tea using whatever herbs you like.

Makes: 1 Serving
Prep Time: 5 minutes
Cook Time: 10 minutes

Source: Food Hero

Small Changes, BIG Difference!

Ingredients

- 1 to 2 Tablespoons dried or 2 to 4 Tablespoons fresh herbs (see Notes)
- boiling water

Directions

1. Wash hands with soap and water.
2. Rinse fresh herbs under running water before preparing.
3. Place herbs at the bottom of a drinking cup or mug (see Notes).
4. Fill the cup with water to cover the herbs. Let sit for 10 minutes. This is called "steeping."
5. Strain the herbs from the water (see Notes) and enjoy the tea warm or cold.
6. Refrigerate leftovers within 2 hours.

Vegetables

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	0
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0mg
Total Carbohydrates:	0g
Dietary Fiber:	0g
Total Sugars:	0g
Added Sugars:	0g
Protein	0g

Utensils Needed

- Cup
- Strainer
- Spoon

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