

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



FRESH HERB TEA

Yield: 4 cups

Ingredients

- 4 cups water
- 1 bunch (30 leaves/2 cups) mixed herbs (any sweet herb, including mint, lemon balm, pineapple sage, lavender, chamomile, borage and more)
- 2 Tablespoons honey, such as US Grade A Mountain Forest Honey Light Amber*, or to taste

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Bring water to a rolling boil. Remove from heat. Add herbs. Let steep for 3–5 minutes, depending on desired strength. Remove herbs, and stir in sweetener, if desired.

Serve hot or cold.

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