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.