

Anti-Allergy Tea

Servings

1 CUP

Cook Time

5-10 MINUTES

Ingredients

- 1 Nettle tea bag
- 1 Chamomile tea bag
- 1 Tbsp Local, raw honey
- 1 Slice Fresh ginger
- 1 Slice Lemon

Instructions

1. Place all ingredients in a tea cup or mug and cover with boiling water. Let steep for 5-10 minutes, then remove the tea bags, ginger and lemon. Relax and enjoy!