

ROSEMARY AND CHAMOMILE TEA



Magazine
Feb. | Mar. 10

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Rosemary and Chamomile tea is a delicious herb tea. It is also a good for the digestion, has calming properties and is good for your blood circulation.

METHOD

Place a couple of fresh sprigs of rosemary and a teaspoon of dried chamomile flowers in a teapot • Add 400 ml of boiled water and allow to brew for at least five minutes • Before serving add a slice of lemon • Use honey as a sweetener

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