

Recipe

Lavender Tea

By

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Ingredients & Preparation

1 tsp dried lavender flowers/blooms (see picture)
2 to 3 cups of hot water

Preparation

Pour 2-3 cups of boiling water over 1 teaspoons dried flowers, infuse for 5 minutes (or 10 minutes if you like the strong flavor).

***Lavender tea is good stress, depression, insomnia, and headache. You may drink it cold; it also tastes delightful. You may add some honey or mix it with lemon juice.

Serves

12 medium muffins

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Hare Rama Hare Rama Rama Rama Hare Hare