

Relaxing Herbal Tea Recipe

The following makes a gallon – you can reduce it proportionally if you want less:

Bring 4 quarts of water to a boil, remove from the heat.

Add 8 Sleepytime tea bags (Celestial Seasonings brand – can get at Walmart cheap)

Add 5 Nighty-Night tea bags (Traditional Medicinals brand – health food store)

Steep for 30 minutes. Remove the tea bags and press the tea out of them as you remove them to get extra strength. Add one can of Apple Cranberry concentrate (100% juice) - Orchard brand at Walmart is one.

The following are optional to add:

Lemon juice to taste

Additional sweetener to taste (unrefined sugar, or agave, xylitol or for natural non-calorie sweetener, Monk Fruit extract or Stevia)

Peppermint Tea

Bring 4 cups of water to a boil.

While water is boiling, fill a 4-6 cup teapot to the brim with hot water from the tap, and let it sit until the tea water boils.

When the tea water is boiling, empty the now-warm teapot. ...

Pour boiling water over the crushed mint, cover the teapot, and let it steep for 5 minutes.

Sweeten if desired

Fast Cold Peppermint Tea

Fill large 1 gallon pitcher with cold water. Add one drop of organic peppermint essential oil and stir well. Add a handful of crushed peppermint leaves. Add ice and serve.

Sage Tea (very soothing for colds, flu and sore throat)

In a small pan over med-low heat simmer about 2 cups of water and put about 1 to 2 teaspoons of rubbed sage or dried oregano in the water. You can also add 1/8 teaspoon of cardamom. Strain to remove herbs. Add a large teaspoon of honey and a squeeze of lemon. For sore throat add a tiny pinch of cayenne or a drop or two of Frank's hot sauce

Energizing Herb Tea

In a small pan over med-low heat simmer about 2 cups of water and put a teaspoon (or a small sprig) of fresh rosemary and 1/8 teaspoon of cardamom in the water. Strain to remove herbs. Sweeten to taste.

PMS Tea

Combine the following herbs:

2 parts dandelion root

2 parts burdock root

1 part chaste tree (vitex) berry

1/4 part ginger root

Combine all the herbs into a brown bag or glass jar and store in a cool, dark place the herb and water into a covered pot and bring the mixture to a simmer for 15-45 minutes on the stove, depending on the strength needed. A good rule of thumb for preparing herbal infusions or decoctions is to use a ratio of 1 tablespoon of dried herbs — or 2 tablespoon of fresh herbs — to 1 cup of water.

Hints: Two items that are handy to add to any tea, etc:

1. Mix ½ cup honey with ½ cup cinnamon spice and store in a jar. Spoon into tea for a quick pick me up.
2. Buy fresh ginger root, peel it. Cut into small pieces and blenderize with about 2 cups of water. Strain the pulp. Keep the pulp in one Ziploc bag (about 1 quart size) and the water in another Ziploc bag (about 1 gallon size). Freeze them flat on a pizza in the freezer so they are very thin (1/8 inch or so). Add small pieces to tea or any foods that you are cooking. Or just break a piece off to snack on it.