

Living and Lovin Herbs Podcast

Easy Herbal Teas

Honey, Lemon, Ginger Tea - for a sore, dry, scratchy throat

1 slice of lemon and a few slices of ginger in a cup of hot water and honey to taste. Let steep 5 - 10 minutes. Sip as many cups as you feel needed.

Mint and Lemon Tea - perfect for upset stomach, and anti-viral and boosts Vit C levels.

Add a tablespoon of mint and a wedge of lemon to a cup of just-off-boil water. Let steep for 5 - 10 minutes.

Rose Hip Tea - One of my favorite go-to Rosehips has immune-boosting properties and has a high level of Vit C.

2 teaspoons of dried rose hips in a cup of just-off-boil water. Let steep for 5 - 10 minutes.