



Brenda's Love Tea (or Bedtime Tea...)

- 8 oz damania leaf
- 4 oz spearmint leaf
- 4 oz rose petals
- 1 tablespoon crushed cinnamon bark
- 1 tablespoon fresh ginger rhizome
- 1 tablespoon milky oats
- 1 teaspoon whole cloves

Combine herbs and mix well. Transfer mixture to a large air-tight container and store in a cool dry place for up to one year.

To use: 2 teaspoons of mixture in a stainless-steel tea strainer and place in 1 cup of just-off the boil water. Cover and let steep for 8 - 10 minutes. Sweeten tea as desired.