



Snowflake Dream Herbal Tea

Ingrédients (for 2 cups) :

⌚ 10 minutes

- 1 tbsp chamomile flowers
- 1 tsp verbena leaves
- ½ tsp hibiscus flowers
- A small pinch of cinnamon
- Honey or agave syrup to taste

Instructions:

1. Place all ingredients in a teapot or directly in a small saucepan.
2. Heat 500 ml of water until just below boiling (around 85-90°C / 185-194°F).
3. Pour the water over the herbs and cover.
4. Let steep for 10 minutes to extract the flavors and benefits.
5. Strain and add honey or agave syrup to taste.

Recipe by Plumes des Étoiles