



Renewal Herbal Tea

Ingrédients (for 1 cup) :

 **10 minutes**

- 1 tsp rosemary,
- 1 tsp lemon verbena,
- ½ tsp ginger,
- A pinch of orange zest.

Instructions:

1. Gently heat 250 ml of water.
2. Place all ingredients in a teapot or saucepan.
3. Pour the hot water (around 90 °C) over the herbs and cover.
4. Steep for 7-9 minutes to release their aromas and benefits.
5. Strain and sweeten with honey or maple syrup, if desired.

Recipe by Plumes des Étoiles