

Garden Herbal Tea

A quick and easy way to enjoy cold or warm tea using whatever herbs you like.

Makes: 1 Serving
 Prep Time: 5 minutes
 Cook Time: 10 minutes

Source: [Food Hero](#)



Small Changes,
 BIG Difference!

Ingredients

- 1 to 2 Tablespoons dried or 2 to 4 Tablespoons fresh herbs (see Notes)
- boiling water

Directions

1. Wash hands with soap and water.
2. Rinse fresh herbs under running water before preparing.
3. Place herbs at the bottom of a drinking cup or mug (see Notes).
4. Fill the cup with water to cover the herbs. Let sit for 10 minutes. This is called "steeping."
5. Strain the herbs from the water (see Notes) and enjoy the tea warm or cold.
6. Refrigerate leftovers within 2 hours.



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	0
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0mg
Total Carbohydrates:	0g
Dietary Fiber:	0g
Total Sugars:	0g
Added Sugars:	0g
Protein	0g

Utensils Needed

- Cup
- Strainer
- Spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$0

Average cost/serving: \$0

Makes: 1 Serving

Note: The list of ingredients is a suggestion. Similar ingredients may be purchased or used based on preference, diet restrictions, budget and location.

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

Ideas for tea ingredients:

- **Leaves:** mint (any type), bee balm, cilantro, lemon balm, lemon verbena, lemongrass, parsley, rosemary, sage, thyme
- **Flowers:** calendula, chamomile, hibiscus, lavender, rose (petals and hips)
- **Seeds:** cardamom, coriander, fennel (grind or chop seeds first)
- **Roots:** chicory, ginger (chop first)
- **Fruits:** fresh berries (any type), fresh or dried citrus peel (any type)

Try blending ingredients:

- lemon balm and mint or rosemary
- lavender blossoms and mint
- cilantro, mint, orange peel
- mint and fresh raspberry

Ways to strain tea:

- Put ingredients into a tea strainer or any strainer that fits into your cup, such as a coffee filter, paper towel or empty tea bag, or pour through a strainer into a clean cup.
- For a stronger or lighter flavor: experiment with different amounts of ingredients and steeping time.
- Use only tea ingredients that you know are safe to consume.
- Try growing your own plants for tea, in the ground or in pots.

