

Calming

HERBAL TEA

**This recipe is sourced from [The Herbal Spoon](#)*

Ingredients:

- 1/4 cup Lavender buds
- 1/2 cup Chamomile flowers
- 1/4 cup Dried orange peel
- 2 Tbsp Rose petals
- Raw honey
- Coconut or pastured, raw milk

Method:

1. Mix all herbs gently together and store in a glass jar.
2. To brew, heat water to boiling and pour over herbs. Use 2 teaspoons of the herbs per 8 oz water.
3. Steep for 3-5 minutes.
4. Strain out the herbs and stir in honey and milk to taste. I like doing 1/4 cup milk and 1 tsp honey for every 1 cup of tea.