

Mindful Mint Tea

This tea blend combines the calming and soothing properties of lemon balm and chamomile with the refreshing and uplifting notes of spearmint.

Lemon balm is known for its ability to reduce stress and anxiety, while chamomile is traditionally used to promote relaxation and restful sleep.



- 1 tsp dried lemon balm leaves
- 1 tsp dried spearmint leaves
- ½ tsp dried chamomile flowers

1. In a tea infuser or a small tea bag, combine the dried lemon balm leaves, dried spearmint leaves, and dried chamomile flowers.

2. Place the infuser or tea bag in a cup.

3. Pour boiling water over the infuser or tea bag. Steep for 5-7 minutes to allow the flavors to infuse.

4. Remove the infuser or tea bag and discard. Enjoy your Mindful Mint Tea!

Spearmint leaves add a cooling and energizing element to the infusion.

This tea can be enjoyed hot or chilled, and it offers a delightful combination of flavors and potential health benefits.