

# Mediterranean Medley

## Bay Leaf Oregano Tea

Bay leaves are traditionally used to support digestion and respiratory health,

while oregano is known for its antibacterial and antiviral properties.

- 1 tsp dried bay leaves
- 1 tsp dried oregano
- ½ tsp lemon peel



1. In a tea infuser or a small tea bag, combine the dried bay leaves, dried oregano leaves, and dried lemon peel. Place the infuser or tea bag in a cup.
2. Pour boiling water over the infuser or tea bag. Steep for 5-7 minutes to allow the flavors to infuse.
3. Remove the infuser or tea bag and discard. Enjoy your tea!

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

Beyond its delightful taste, this tea embodies a fusion of herbs and citrus that brings the potential for wellness and revitalization with each sip, making it a true gem in the world of herbal infusions.