

Love Your Life Tea

Rose and vanilla aromatics make Love Your Life an uplifting and intensely enjoyable tea to savor and sip. Chamomile relaxes the body, and the slightly bitter flavor balances the intensity of sweet and floral notes.

Ingredients

- 1 part rose petals
- 1 part chamomile
- 0.5 part hibiscus
- 0.5 part rose hips
- 1 vanilla bean per pound of blended tea

Hot Infusion: Pour 1.5 cups hot water over 1 T tea and steep for 4-10 minutes

Cold Infusion: Combine 2 cups cold water and 1-2 T tea in a lidded jar. Shake to saturate.

Refrigerate for at least 2 hours.

Recipe from *Healing Herbal Teas* by author, Sarah Farr