

# Warm Flower Tea

## ingredient list

- 1 C dried hibiscus petals
- 1 C dried chamomile flowers
- 2 T dried lavender blossoms
- 2 T coarsely powdered rose hips

## preparation

Combine all flowers in a bowl. Mix well. Use 1-2 teaspoons per cup of boiling water. Let steep for ten minutes, strain, sweeten if desired and serve when cooled to your liking.

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