# calming chamomile

## Family Chef: Maggie McMahon

#### Ingredients:

* 1 tbsp chamomile
* ½ tbsp lavender\*
* 16oz water
* Optional – sweetener

#### Instructions:

1. Bring water to a boil in either a saucepan or teapot.
2. Add the chamomile and lavender once the water reaches a boil.
3. Reduce heat and simmer for 10-15 minutes. Keep an eye on the water level to ensure it doesn't get too low.
4. Once the time is up, strain and add sweetener. We think the taste of raw honey works exceptionally well with this blend by keeping the floral aroma and flavor.
5. Serve and enjoy!

#### Notes

\*This is a very floral tea and the lavender can be intense for those who are not used to the flavor. If you prefer, start with ¼ tbsp instead.