



Lemon Verbena Tisane (Infusion)

makes one serving

- purified/filtered water
- 1 heaping tablespoon dried lemon verbena leaves
- wildflower honey, optional

Bring water to a full boil.

Place dried verbena in a cup or mug and pour the water over.

Allow to steep for 5-7 minutes, or longer as you desire. I like to strain the leaves out before drinking.

Add a teaspoon of honey if you like and enjoy.