



Allergy Tea

makes 7 cups

- 4 cups dried stinging nettles
- 1 cup dried spruce tips
- 1 cup dried lemon balm
- 1 cup dried chamomile flowers

Combine all the ingredients together and store in an airtight container.

Brew by steeping in hot water for half an hour, or until desired strength is attained. Use about 1 tablespoon per cup of water. (Bear in mind that chamomile can become bitter when brewed for a long time.)

Strain and stir in some local honey, if desired.