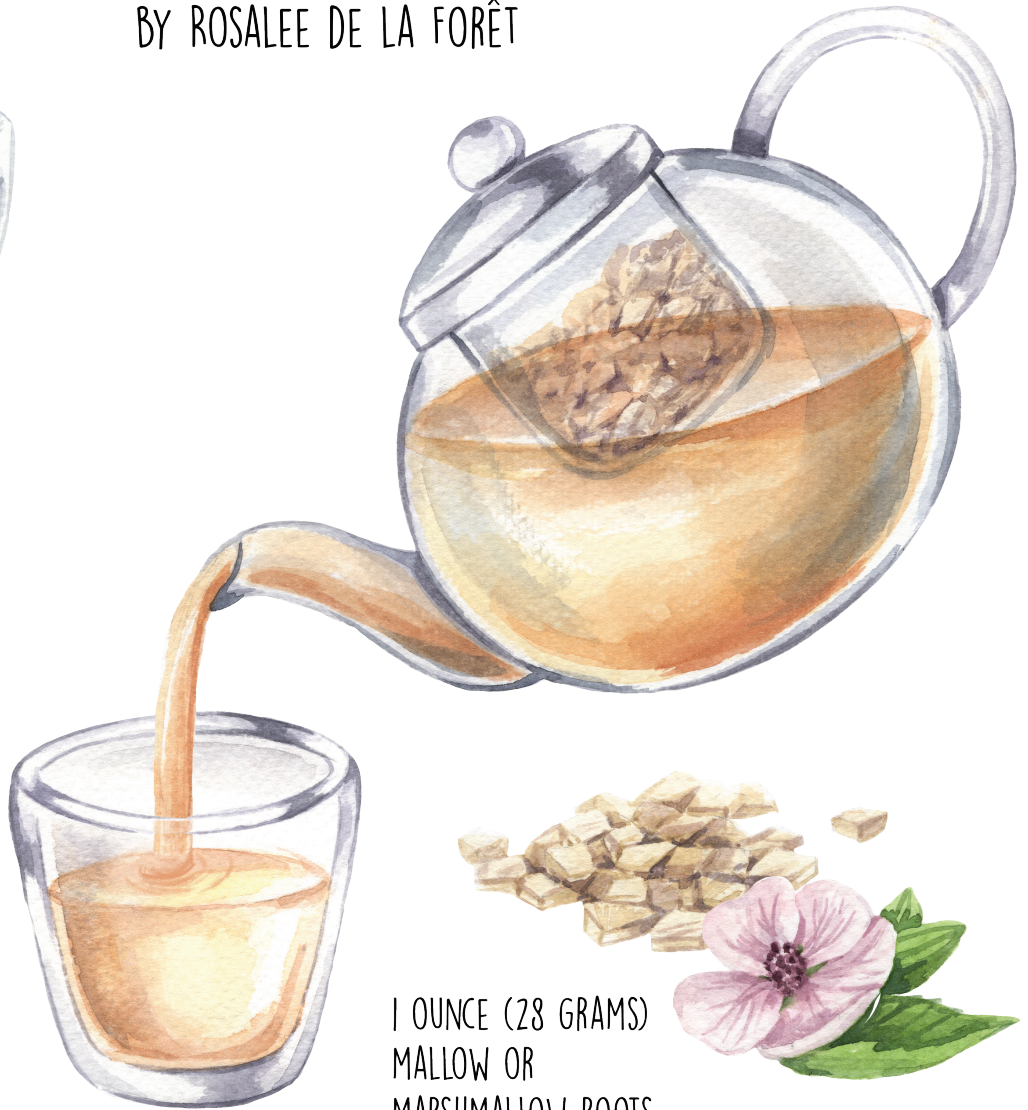


Marshmallow Root Tea

BY ROSALEE DE LA FORÊT



ABOUT 2 CUPS ROOM
TEMPERATURE WATER



1 OUNCE (28 GRAMS)
MALLOW OR
MARSHMALLOW ROOTS



Marshmallow root is very demulcent and high in polysaccharides, making it best prepared as a water infusion rather than extracted with alcohol or vinegar. However unlike most herbal teas, marshmallow root is revered as a cold infused herb, meaning you don't even need to heat the water to make this!

YIELD: Approximately 2 cups

SHELF LIFE: Drink within 24 hours.

1. Add the roots to a glass jar and then add the water. Stir well.
2. Let sit for a minimum of 4 hours or preferably overnight.
3. Strain.



HERBS
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