

Red Clover Tea



3 CUPS OF WATER



10 GRAMS DRIED
NETTLE LEAF



10 GRAMS DRIED
OATSTRAW



10 GRAMS DRIED RED CLOVER
LEAVES AND FLOWERS

This super nutrient-dense tea supports heart health, bone health, and promotes radiant skin. You can drink this daily for the best effects, or as desired.

YIELD: Approximately 3 cups

HINT: I like this tea cool, but you can gently warm it if you prefer. You can also add a sweetener of your choice.

1. Place the herbs in a quart jar or something similar.
2. Boil the water and then pour it over the herbs, stirring well.
3. Cover. Let stand for 4-8 hours.
4. Strain and drink as desired within 24 hours.



HERBS
with ROSALEE