

Citrus Infused Herbal Tea

This refreshing citrus-infused herbal tea is perfect for a relaxing afternoon. Bursting with flavors of lemon and orange, it's soothing and revitalizing at the same time.


10 min

Total time

easy

Difficulty

30

kcal / serving

Ingredients

- 1 cup water
- 1 tsp dried chamomile flowers
- 1 tsp dried lemon balm
- 1 tsp dried orange peel
- 1 tsp honey (optional)
- 1 slice lemon
- 1 slice orange

Steps

- 1 Boil the water in a small pot.
- 2 Once boiling, remove from heat and add the dried chamomile, lemon balm, and orange peel.
- 3 Steep for 5-7 minutes.
- 4 Strain the tea into a cup and add honey if desired.
- 5 Garnish with a slice of lemon and orange before serving.