

This recipe is the start of a painting series I'm working on in the next few weeks.

I just got over the flu and the itchy eyes and pesky cough of seasonal allergies is starting up (this is new for me!) and it is scary after being laid up for a week or more.

So, I looked for a good tea/tonic recipe online to fight back and I found this website (growcreatesip.com) which I plan on diving into for more tea ideas in the future.

As she says on the site, if you are having a big allergy problem please go see a doctor. Don't rely on little old me and my google searches for tea recipes to save you! *margaret*



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A Tea for Fighting Seasonal Allergies

HERBS

1 part Stinging Nettle

¼ part Elderflowers

½ part Mullein Leaf

¼ part Oatstraw

⅛ part Plantain

½ part Spearmint

½ part Lemongrass

1/16 part Ginger

1/16 part Fennel Seed

INSTRUCTIONS

Blend dried herbs evenly in a large bowl.

Steep 1 tsp to 8 oz of hot water for 5-7 minutes
for a sipping tea

Store dry tea blend in an airtight container
out of direct sunlight.

