

NETTLES INFUSION

Makes 1 QUART

INGREDIENTS

3 TSP organic nettle leaf, I like [this](#) and [this](#) brand
1 TSP organic hibiscus, optional, I like [this](#) and [this](#) brand
1 QT boiling filtered water
Juice of ½ lemon, optional
1 TSP raw honey, or less, to taste, optional

INSTRUCTIONS

Place loose herbs in quart-sized mason jar. If using tea bag for hibiscus, tear open and add to nettle herbs. Pour hot water over herbs and steep overnight (or up to 24 hours). Strain off herbs and drink. If using lemon and/or honey, add to jar and shake to combine and dissolve the honey.



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