



CHAMOMILE SERIES



CONCEPT
SURFACES™



Recipe:

Some benefits of Chamomile tea are: aids in relaxation, soothes the stomach, controls blood sugar levels, etc.

Ingredients:

- Chamomile
- Water
- Sweetener, optional

Instruction:

- Heat water either on the stovetop or in a kettle to a boil.
- Once boiled, place the chamomile flowers in a glass/teapot and cover them with the water. Allow it to steep for 4-5 minutes. Then strain the tea from the pot, sweeten, and enjoy.

