

floral fade

CHAMOMILE AND ROSEHIP HERBAL TEA

Petal-soft and gently fading into calm.

INGREDIENTS:

- ½ tsp dried chamomile flowers
- ½ tsp dried rosehip pieces
- 1 cup (240 ml) boiling water

INSTRUCTIONS:

Steep chamomile and rosehip together in boiling water for 5-7 minutes. Strain and serve warm.

PAIR WITH:

Honey out cookies for a rustic, comforting bite —or— rosewater shortbread for a fragrant, buttery finish.

