

JANUARY 21

Herbal Light
**LEMON BALM
AND HONEY
HERBAL TEA**

Garden-fresh and naturally soothing.

INGREDIENTS:

- 1 tbsp fresh lemon balm leaves (or 1 tsp dried)
- 1 cup (240 ml) boiling water
- 1–2 tsp honey (to taste)

INSTRUCTIONS:

Steep lemon balm leaves in boiling water for 5 minutes. Strain if needed. Stir in honey and serve warm.

PAIR WITH:

Lemon drizzle cake for a citrusy lift —or— honey almond granola bars for a wholesome, nutty crunch.

CHANTAL
Est. 1971
CRAFTED KITCHENWARE

