

## - Seasonal Anti-Allergy Tea -



### INGREDIENTES

A BIG SPLASH OF VAINILLA MOLINA

1 NETTLE TEA BAG

1 CHAMOMILE TEA BAG

1 TABLESPOON RAW HONEY

1 SLICE OF FRESH GINGER

1 SLICE OF LEMON

### PROCEDIMIENTO

POUR THE TWO HERB BAGS INTO A TEA KETTLE AND COVER WITH BOILING WATER.

LET STAND 5 TO 10 MIN.

REMOVE THE BAGS AND ADD THE GINGER, LEMON, HONEY TO TASTE AND A BIG SPLASH OF VAINILLA MOLINA.

SERVE AND ENJOY.