

# - 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

HOT WATER

## PROCEDIMIENTO

POUR THE TWO TEA BAGS INTO A KETTLE WITH HOT WATER.

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

LET STAND 5 TO 10 MIN.

SERVE AND ENJOY.