



T's Tummy Tea

Years ago, I got inventive and blended some gut-healing herbs to brew as a tea.

Chamomile is a mild bitter herb with calming effects, licorice is healing to the gut, and marshmallow is rich in mucilage, soothing and easing irritation. Very nice for occasional heartburn.

Ingredients:

- 4 tablespoons chamomile flowers
- 4 tablespoons marshmallow leaf
- 2 tablespoons licorice root

Directions:

Mix all the herbs and put them in a glass jar. Screw on the lid, label the jar and store it in your kitchen cupboard.

How to Use:

Pour 1 cup near-boiling water over 1 heaping teaspoon of the herbal mixture. Steep for 10 minutes. Strain. Add honey if desired. Drink 1 cup twice daily, or as needed.

Note: If you have high blood pressure, omit the licorice.