

How to Make Corn Silk Tea

1. Ingredients:

- 1 tablespoon of dried corn silk (or a handful of fresh corn silk)
- 2 cups of water

2. Instructions:

- Bring 2 cups of water to a boil.
- Add the corn silk to the water and reduce the heat to low.
- Let the silk simmer for 10–15 minutes.
- Strain the tea to remove the silk and pour it into a cup.
- You can sweeten the tea with honey or lemon, but it can be consumed plain.

Best Time to Drink: Corn silk tea can be enjoyed at any time during the day. For those using it to help with UTI symptoms, it's beneficial to drink a cup in the morning or afternoon. Avoid drinking it late at night as the diuretic effect may disturb sleep.