

Lavender Chamomile Tea

Ingredients:

- 1 teaspoon lavender flowers
- 1 teaspoon chamomile flowers
- 1.5 cups boiling water

Instructions:

1. Place the lavender flowers and chamomile flowers in a mug or teapot.
2. Pour 1.5 cups of boiling water over the flowers.
3. Cover with a small plate or lid to retain the heat and aroma.
4. Allow the tea to steep for about 5 minutes.
5. Strain the tea to remove the flowers.
6. Serve warm and enjoy.

Nutritional Breakdown (per cup):

- **Calories:** 2 kcal
- **Carbohydrates:** 0.5 g
- **Protein:** 0 g
- **Fat:** 0 g
- **Fiber:** 0 g
- **Sugar:** 0 g