

## Nettle Leaf Tea

### Ingredients:

- 1 teaspoon dried nettle leaf
- 8 oz. hot, boiled water

### Instructions:

#### 1. Prepare the Tea:

- Place 1 teaspoon of dried nettle leaf in a jug.

#### 2. Add Hot Water:

- Pour 8 oz. of hot, boiled water over the nettle leaf.

#### 3. Steep the Tea:

- Allow the tea to steep for 10 minutes.

#### 4. Strain and Serve:

- Strain the tea and enjoy.

**Enjoy** your nettle leaf tea in the morning for energy and vitality. If you suffer from arthritis, you can drink up to 3 cups a day.

**Note:** Please consult your doctor before taking any herbal teas.