

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.