

## **Rosemary Tea Recipe**

### **Ingredients:**

- 1 teaspoon fresh rosemary leaves
- 1 cup boiling water

### **Instructions:**

1. Boil water and let it rest for a few seconds (to slightly cool) before adding it to the rosemary leaves.
2. Place the fresh rosemary leaves in a jug or teapot.
3. Pour the hot water over the rosemary leaves.
4. Cover the jug or teapot with a plate and allow the tea to steep for about 5 minutes.
5. Strain the tea into a cup and enjoy.

### **Nutritional Breakdown (Per 1 Cup of Rosemary Tea):**

- **Calories:** 0-2 kcal
- **Carbohydrates:** 0.5 g
- **Protein:** 0 g
- **Fats:** 0 g
- **Vitamin C:** Trace amounts
- **Calcium:** Trace amounts
- **Iron:** Trace amounts