

Sage Tea Recipe

Ingredients:

- 1 tablespoon fresh sage leaves (or 1 teaspoon dried sage leaves)
- 1 cup boiling water
- 1 teaspoon honey (optional)
- Lemon wedge (optional)

Instructions:

1. **Prepare the Sage:**
 - If using fresh sage, gently rinse the leaves under cold water. If using dried sage, measure out the appropriate amount.
2. **Brew the Tea:**
 - Place the sage leaves in a teapot or a heatproof mug.
 - Pour 1 cup of boiling water over the sage leaves.
3. **Steep:**
 - Cover the teapot or mug and allow the sage to steep for 5 to 10 minutes, depending on how strong you prefer your tea.
4. **Strain:**
 - After steeping, strain the tea into a cup to remove the sage leaves.
5. **Add Sweetener (Optional):**
 - If desired, stir in a teaspoon of honey to sweeten the tea. A squeeze of lemon juice can also be added for a refreshing citrus flavor.
6. **Serve:**
 - Enjoy your sage tea warm. It can also be cooled and served over ice for a refreshing iced tea.