

Thyme Tea

Ingredients:

- A few sprigs of fresh thyme or 1 teaspoon dried thyme
- 1 cup hot, boiled water

Instructions:

1. **Prepare the Thyme:**
 - Add a few sprigs of fresh thyme or 1 teaspoon of dried thyme to a jug.
2. **Add Hot Water:**
 - Pour 1 cup of hot, boiled water over the thyme.
3. **Steep the Tea:**
 - Cover the jug and allow the tea to steep for at least 10 minutes.
4. **Strain and Serve:**
 - Strain the tea and enjoy.