

CLOVE / RED CLOVE TEA

Ingredients

- 1 tbsp (tablespoon) dried or fresh red clover flower or leaves or both (you can use common clover as well)
- 1 tsp (teaspoon) honey or to taste
- ½ tsp cinnamon, lemon, or mint or all other additives to taste (optional)
- 1 cup (2½ - 3 dl) water



Method

1. Wash the clover or red clover flower heads and leaves (if using them too).
2. Bring the water to a rolling boil. Carefully toss in the red clover flower heads.
3. Steep for about 10 to 15 minutes.
4. Strain and pour the hot liquid in a tea mug.
5. Stir in honey and any other chosen additives.
6. Drink in small sips while still warm.