

Cozy Chamomile Tea

Ingredients

- 4 organic Chamomile Tea bags
- 4 tsp Ashwagandha powder
- 4 cups boiled water
- $\frac{1}{4}$ tsp monk fruit sweetener or other sugar alternative to taste
- $\frac{1}{4}$ tsp cardamom (optional)

Supplies

- Tea Kettle
- Measuring spoons
- Your favorite tea cups for serving

Directions

1. Add water to kettle and bring to a boil.
2. Once boiling, pour evenly into individual cups.
3. Add 1 tea bag per cup, let steep for 4-5 minutes.
4. Remove tea bag.
5. Add 1 tsp Ashwagandha power per cup.
6. Add preferred sweetener to taste.
7. Finish with cardamom spice (optional).
8. Stir until combined.

Serves 4. Enjoy this soothing tea with small sandwiches and your favorite lady friends.

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