

Chamomile Recipes

You can use any Chamomile Tea Blend for these

1. Evening Exhale Latte

Ingredients:

- 1 cup strong brewed tea (your blend)
- ½ cup warm oat milk
- 1 tsp honey (optional)
- pinch cinnamon

Instructions:

Steep tea 7–10 minutes (this matters for valerian).

Warm and froth milk.

Combine and sweeten.

Tea Blend Suggestion: It's Time for Bed
Damn it or Welcome Rest

2. Chamomile Honey Tonic

Ingredients:

- 1 cup chamomile tea
- 1 tsp raw honey
- squeeze of lemon (optional if tolerated)

Instructions:

Stir and sip warm.

Why it works:

→ Daily calming ritual

→ Great for afternoon reset

3. Iced Chamomile Citrus Refresher

Ingredients:

- 2 cups brewed chamomile (cooled)
- orange slices
- fresh mint
- ice

Instructions:

Pour over ice, add fruit + mint.

Tea Blend Suggestion: Breathe (Chamomile Citrus)

4. Chamomile Vanilla Cream Tea

Ingredients:

- 1 cup chamomile tea
- splash vanilla extract
- warm milk
- honey

Instructions:

Combine and stir.

Tea Blend Suggestion: Calm the Hell Down