

# Lotus Leaf Tea

## Ingredients

- 1 teaspoon dried lotus leaves (shredded)
- 1 cup boiling water

## Instructions

1. Place lotus leaf pieces in a cup.
2. Pour boiling water over them.
3. Cover and steep 7–10 minutes.
4. Strain and drink warm.

## Benefits

- Traditionally used for digestion and weight balance.
- May help lower cholesterol and support circulation.
- Provides antioxidants and mild calming effects.

## Warnings

- May lower blood sugar and blood pressure.
- Use with caution if on diabetes or hypertension medication.

- Consult your doctor for long-term use.