

Raspberry Leaf Tea

Ingredients

- 1 teaspoon dried raspberry leaves
- 1 cup (240 ml) boiling water
- Optional: honey or lemon

Instructions

1. Place dried raspberry leaves in a teapot or cup.
2. Pour freshly boiled water over the leaves.
3. Cover and steep for 10 minutes (longer = stronger flavor).
4. Strain before drinking. Add honey or lemon if desired.

Benefits

- Traditionally used to support women's reproductive health — may tone the uterus and ease menstrual cramps.
- Rich in vitamins C, E, and minerals (iron, magnesium, potassium).
- Gentle digestive support.

Warnings

- Avoid during early pregnancy unless prescribed by a healthcare provider (can mildly stimulate uterus).
- May interact with medications for blood clotting.
- Consult your doctor if you have blood pressure issues or are pregnant