

Rosemary Tea

Ingredients

- 1 teaspoon dried rosemary leaves (or 2 sprigs fresh)
- 1 cup boiling water
- Optional: a slice of lemon or a teaspoon of honey

Instructions

1. Rinse fresh rosemary sprigs if using.
2. Place rosemary in a cup or teapot.
3. Boil 1 cup water, then let it cool for 30 seconds (rosemary is strong, so slightly cooler water prevents bitterness).
4. Pour water over the rosemary.
5. Cover and steep for 7–10 minutes.
6. Strain and serve. Add lemon or honey if desired.

Benefits

- Antibacterial and antimicrobial, supports oral health and freshens breath.

- Improves circulation and may boost memory and concentration.
- Rich in antioxidants, helps fight inflammation.

Warnings

- Avoid excessive amounts — strong rosemary can raise blood pressure.
 - Not recommended in large doses for pregnant women.
 - If you have hypertension or heart conditions, consult your doctor first.
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