

Sage Tea

Ingredients

- 1 teaspoon dried sage leaves (or 5–6 fresh leaves)
- 1 cup boiling water
- Optional: lemon slice or honey

Instructions

1. Rinse fresh sage leaves gently to remove dust.
2. Place the leaves in a teapot or heatproof mug.
3. Boil 1 cup water and let it sit for 30 seconds (to reduce bitterness).
4. Pour the hot water over sage.
5. Cover the cup with a lid or plate to preserve essential oils.
6. Steep for 5–7 minutes.
7. Strain and serve warm, add honey or lemon if desired.

Benefits

- Supports memory and concentration.
- Natural antibacterial properties for sore throat.

- Reduces hot flashes and night sweats in menopause.

Warnings

- Avoid excessive use (strong sage contains thujone).
- Not recommended in high doses during pregnancy.
- Always check with your doctor if you have blood pressure conditions.