

Lavender Tea to Help You Fall Asleep



Ingredients

3 Tablespoons Lavender flowers or 1 1/2 Tablespoons dried Lavender flower
2 cups water

Directions

Bring 2 cups of water to a boil.
Place Lavender into a teapot.
Add boiling water to teapot.
Let it sit for 5 minutes.
Pour into cups through strainer to keep out buds.
Serve!



McClure Acupuncture