

Lemon Verbena Tea

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SERVINGS: 1



Nutrition (with sugar & lemon)

- Calories: 21kcal
- Carbohydrates: 6g
- Protein: 0.02g
- Sodium: 12mg
- Potassium: 4mg
- Fiber: 0.01g
- Sugar: 6g
- Vitamin A: 0.03IU
- Vitamin C: 0.2mg
- Calcium: 7mg
- Iron: 0.03mg

INGREDIENTS

- 2.5 grams lemon verbena leaves, about ½ teaspoon or a few dried leaves
- 8 ounces water
- 1 teaspoon honey (optional)
- ½ juice lemon (optional)

INSTRUCTIONS

- Bring water to boil
- Pour over lemon verbena leaves
- Steep for 5-8 minutes
- Strain tea leaves
- Add honey (optional)
- Add lemon juice (optional)
- Enjoy!

Notes

- **Note:** Greek lemon verbena has a mild lemon flavor. A bit of honey or lemon juice compliments the flavor and softens the edges.