

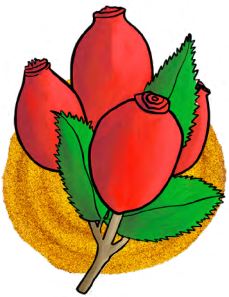


# Tea Time Recipes



## Chamomile

1-2 tsp dried Chamomile  
1 cup water  
Steep (let sit) for about 5 minutes



## Laidback

1tsp Dried Chamomile  
1tsp Dried Lavender Flowers  
1/2 tsp Rosehips  
1 cup (8oz) water  
Steep (let sit) for about 5 minutes



## Blue Tea

1tsp Dried Chamomile  
1tsp Dried Lavender Flowers  
1 cup (8oz) water  
Steep (let sit) for about 5 minutes

### TIPS

- Use food-grade herbs and filtered water when possible
- When choosing herbs or tea, think about what smells and tastes you like.
- What feelings and senses do you want to invoke during this tea ritual?
- Steeping tea too long can make it bitter

### STEPS

- Boil water and pour over dried herbs/tea
- Cover the mug or teapot and steep (let sit) for desired time
- Strain the herbs or tea leaves and pour the hot tea into a teacup or mug
- **Optional:** add preferred sweetener to taste

### WAYS TO USE THIS EXERCISE

This time and space is for you and it can be for you to feel more connected to the collective of the community as others have been, will be and are currently doing this ritual.

Use this exercise to root, restore, relax, connect.

**HEALTH DISCLAIMER:** The recipes and exercises contained in this website are for educational purposes, they are not medical advice, and should not be treated as such. You should consult your doctor before using herbal teas, mixing them with any prescribed medication and/or supplements.

If you have any specific questions regarding any medical matter you should consult your doctor or other professional healthcare provider.

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