

# Herbal Decoction

Making a decoction is a simple way to enjoy the nourishing gifts of hearty roots, berries, and barks. Here's how to make your own herbal decoction.



## Ingredients

- Roasted Dandelion Root - 1 tablespoon
- Hawthorn Berry - 1 tablespoon
- Orange Peel - 1 teaspoon
- Cardamon - ¼ teaspoon
- Cinnamon - ¼ teaspoon

- 1 Measure out all of your herbs into the same pot.
- 2 Add 4 cups of water into the same pot.
- 3 On a medium-high heat bring your water to a gentle boil.
- 4 Once your water is boiling, put a lid on the pot and bring it down to simmer.
- 5 Let your decoction simmer for about twenty to thirty minutes.
- 6 Remove your pot from the heat and let your decoction cool to a drinking temperature.
- 7 Strain out your herbs and enjoy your cup of tea!