

Herbal Ice Cubes

This fun, nourishing, and easy recipe will make you want to host a party with your family and friends to serve these herbal ice cubes!



What you'll need...

- ½ cup fresh nettle leaves
- 1 tbsp fresh yarrow leaves
- 2 tbsp dried or fresh linden flowers
- 2 tbsp dried or fresh blue mallow flowers
- Optional: honey and/or lemon juice to taste

- 1 Mix together the fresh and/or dried herbs and add 2 cups of hot water and steep, covered, for 30 minutes.
- 2 Once the tea has reached room temperature, you have the option to sweeten the tea with honey to your liking. It can then be poured into ice cube trays or molds to freeze. I opt to keep some of the herbs in the ice cubes for aesthetic purposes but you may choose to strain the tea instead.
- 3 Add either a ⅓ or ½ of the ice cubes to a cup and top with 1 cup of cold water or your favorite herbal iced tea. You have the option to add a squeeze of lemon juice to bring some tartness to the drink. Enjoy!

Yield: 2–3 cups