

# Loose Leaf Herbal Tea in a Teapot

Loose leaf tea is often made with either dried leaves or flowers, and there are lots of different types of tea blends that would work well with the instructions below. Here's how to brew your own loose leaf tea...

- 1 To brew loose leaf tea using a standard teapot, first, fill your stove top or electric tea kettle with cold water and bring it to a boil.
- 2 While the water is heating up, place your desired amount of loose leaf tea into the teapot. If you're not using the blend I've outlined below, ginger root and linden flowers make a lovely addition to an herbal tea blend. A good rule of thumb is to use one teaspoon of loose leaf tea per 8 ounces of water.
- 3 Once the water has reached the boiling point, pour the hot water into the teapot over the tea leaves.
- 4 Cover the teapot with a lid and let the tea sit for a steep time of about 3–5 minutes. The longer it steeps, the stronger the flavor of the tea.
- 5 When the desired steeping time has passed, use a strainer to pour the tea into your cup, leaving the loose leaves behind in the teapot. Serve and enjoy!



## My Bedtime Tea Blend

If you want to use my dreamy herbal tea blend, here are the measurements and ingredients for the tea blend. This will yield 4 cups of your tea blend, so you can store the leftover blend in a jar and enjoy many servings of tea with this blend. If you want to make a smaller amount of the tea blend, you can use teaspoons or tablespoons instead of cups and use the same ratio.

### What you'll need...

- 2 cups chamomile
- 1 cup lavender
- 1 cup milky oat tops