

Hawthorn and Tulsi Tea

This optimized tea recipe combines hawthorn and tulsi to soothe inflammation and calm the heart. Enjoy this regularly and at any time of the day. Note: I recommend measuring out the herb amounts using a kitchen scale so you get an accurate amount. If you don't have a kitchen scale, this is roughly 2 tablespoons of finely crumbed hawthorn flowers and leaves and 1 tablespoon of finely crumbed tulsi leaves.



What you'll need...

- 3 grams dried hawthorn flower and leaf
- 1 gram dried tulsi leaves
- 12 ounces of water

- 1 Grind the dried leaves and flowers using a spice grinder reserved for herbs. (You don't want to use your coffee grinder because your tea will taste like coffee and vice versa.)
- 2 Place the herbs into a French press or another glass container with a handle and pour spout.
- 3 Boil the water. Pour the water into the French press.
- 4 Let sit, covered, for 3–10 minutes. (The researchers said that it wasn't necessary to steep for more than 3 minutes, but even steeping for ten minutes is fine.)
- 5 Strain off the flowers and leaves, which you can now compost. If there are a lot of little bits still left in the water you can pour the tea through cheesecloth or a nut milk bag.
- 6 You can flavor your hawthorn and tulsi tea with a bit of honey or other sweetener if desired.

Yield: 1 serving