

# The Winter Warming Tea Blend

Handcrafted herbal tea blends make for a simply beautiful gift for friends and family. Here's how to make your own...



## Ingredients

- 2 T anise hyssop
- 2 T echinacea leaf + flower
- 2 T elderberries
- 2 T oatstraw
- 2 T tulsi
- 1 T damiana

## Supplies

- Tablespoon (TBS) measure
- Medium mixing bowl
- ½ pint (8 oz) glass jar with lid
- Craft paper
- Pen
- Small piece of thin cloth
- Scissors
- String or ribbon

- 1 Measure out all dried herbs in your mixing bowl, gently stir well.
- 2 Scoop them into your glass jar, put the lid on.
- 3 Cut a circle from the cloth about twice as big as your jar lid, place it over the lid, and attach with string or ribbon around it.
- 4 Write your ingredients and recommended use on the craft paper, cutting to appropriate size.
- 5 Poke hole in edge of label, thread string through it, and attach string around the jar lid.
- 6 Now your tea blend is ready for gifting, enjoy!

**Yield:** 14 mugs of tea from 14 tablespoons in an 8 oz jar