

Nettle Tea

From www.bbcgoodfood.com

INGREDIENTS:

- 1 cup of nettle leaves (older leaves are sweeter)
- 4 cups of water
- 1 Tablespoon raw honey

PREPARATION:

Combine nettles, water and honey in a large saucepan. Bring to a boil for 15 minutes. Taste and add more honey as needed.

For iced tea: Let tea cool for 30 minutes, then transfer to the refrigerator for 2 hours. Serve with ice.

NOTES FROM THE COOK: