



蜂蜜茶
蜂菊

HONEY-CHRYSANTHEMUM TEA

Moistens dryness of the Lungs, relieves cough.
Clears the Liver and brightens the eyes.

INGREDIENTS

- 30 g (1.1 oz) chrysanthemum
- 150 g (5.3 oz) honey
- 1000 cc (1000 ml) water

Makes 2 servings

COOKING

- Place the chrysanthemum and water in a clear pot.
- Bring to a boil over high heat. Continue to boil for 2 minutes. Pot can either be covered or uncovered.
- Strain the tea and allow it to cool to desired temperature.
- Add honey and stir until dissolved. The dosage of honey can vary depending on individual taste.