

Yummy Yarrow Tea

3 parts Licorice root cut- supports the pancreas and adrenals
1 part Yarrow flowers cut- supports the liver, kidneys, and more
1 part Chickweed cut- supports weight-loss and healthy skin



Weigh out each herb into parts. Mix into a jar or a bag thoroughly. I like stronger tea so I would use 1 Tablespoon cut herbs to 1 cup water. You can make this as a sun tea, by adding your herbs to cold water and let it sit in the sunlight throughout the day. Serving this cold you will have more of a diuretic affect, supporting your kidneys. You can also make it traditionally hot which will have it more of a diaphoretic affect, generating internal heat and sweating. This is a pleasant, slightly bitter, slightly sweet tea. I love it and hope you enjoy it too!

Recipe by: Kelly Pomeroy