

## **Sleepy Time Tea - GF, CF, SF, VEG**

### ***Comments:***

This is a blend of soothing herbs that helps me to sleep when I am up at three a.m. for no reason :). Ingredients can be found in the bulk section of most natural food stores – pick a place that has high turnover in case you have mold concerns.

### ***Ingredients:***

½ tsp dried lavender  
½ tsp dried chamomile  
½ tsp dried lemon balm  
½ tsp dried fennel seed  
1 1/2 cups spring water

### ***Directions:***

Combine all ingredients into a large teabag or reusable wire mesh tea ball. Bring water to a boil and then remove from heat. Add tea ball and steep 5-7 minutes. May be served warm or over ice.

Submitted by: Kaela 08/09