

# Allergy Support Tea

## Instructions

1. Place all ingredients in a mug and cover with boiling water. Ideally, the water should be 212 degrees.
2. Let the tea steep for 5-10 minutes, then remove the tea bags.
3. Sip and enjoy.

NOTE: This recipe makes 1 serving. Start your morning with this cozy beverage to help fight off allergy symptoms throughout the day.

## Ingredients

- 1 bag of nettle tea
- 1 bag of chamomile tea
- 1 tbsp of raw local honey
- 1 slice of fresh ginger, grated and peeled
- 1 pinch of ground turmeric
- 1 slice of lemon

## Grocery List

### Tea Aisle

- Nettle tea
- Chamomile tea

### Produce

- Ginger root
- Turmeric root
- Lemon

### Farmer's Market or Baking Aisle

- Local raw honey

Recipe adapted from [EquiLife](#).