



From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Digest-ease Tea

Ingredients:

- 1 Tbsp lemon balm
- 2 tsp peppermint
- 1 tsp fennel seeds
- 2 tsp rose
- ½ Tbsp per 8 oz.

Directions:

1. Combine dry herbs in a glass container.
2. To make a cup of tea, use ½ Tbsp per 8 oz. boiling water. Steep for 5-10 minutes.

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