



## Nettle & Peppermint Infusion Recipe

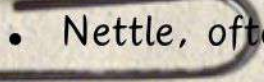


### The Blend

- 1 tsp dried nettle leaves
- 1 tsp dried peppermint leaves
- 1 cup hot water
- Honey (optional)
- Lemon slice (optional, for added flavour and Vitamin C)



### Reputed Benefits

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- Nettle, often dismissed as a pesky weed, is a nutritional powerhouse. It's rich in iron, vitamins, and minerals, making it an excellent tonic for combating fatigue and supporting healthy circulation. Nettle is also known for its detoxifying properties, aiding the body in eliminating waste products and impurities.
  - Peppermint, with its invigorating aroma and cooling sensation, is renowned for its digestive and anti-inflammatory properties. It can help soothe an upset stomach, reduce bloating, and promote healthy digestion. Additionally, peppermint's refreshing qualities can help clear the sinuses and alleviate seasonal allergies.

Recipe by Anna Hall