

Sweet Treat Tea Recipe: “Lemon Lavender Bloom”



Ingredients

- 2 cups hot water
- 1 tsp dried lavender
- 1 chamomile tea bag (or 1 tsp dried chamomile)
- 1 lemon slice
- 1 tsp honey or maple syrup (optional)
- A few fresh mint leaves (optional)

Directions

1. Bring the water to a gentle boil.
2. Add lavender and chamomile, then steep for 5–7 minutes.
3. Strain and pour into your favorite mug.
4. Add a lemon slice, mint if using, and sweetener to taste.
5. Sip slowly and visualize yourself blooming in your own time.
6. 💬 Tea Ritual Prompt: What is one gentle way I can nurture my growth today?

xo, Coach Jo