

Lemon Grass Tea

Ingredients:

- Lemon grass plant (or stalks x 2)
- Pot of boiling water
- Sweetener if desired (Honey or sugar)
- *Good Company (most important)



Method:

- Cut two stalks off the lemon plant close to the root base
- Wash stalks under the tap first
- Chop into sections usually 4/5 per stalk
- Place in a pot of water boiling water & let it steep for 15mins (after this point your home should be filled with the smell of lemon grass)
- Using a sieve, pour contents of pot into a tea pot or other catching the boiled lemon grass (discard the old stalks at this point)

Good Job! Well Done!

- Sit back, relax and enjoy your lemon grass tea 😊

Online Plants NT

