10 Herbal Teas for Vibrant Health

Herbs are a wonderful addition to a healthy diet and lifestyle. They provide additional nourishment and can be delicious as well.

In a day when we just can’t get enough nutrition from our food, adding herbs is another step you can take to support vibrant health. Don’t wait until you are sick to use herbs. The best medicine is prevention.

Herbs can support longevity, and I believe they can and should be used every day to enhance wellness. I make and drink herbal infusions daily and so do my kids. I’m always playing around blending different herbs, and when I hit on a good blend, I love to share it with others.

If you love the idea of adding herbs and herbal infusions or other herbal recipes to your life, I highly recommend getting started with these recipes I've created and compiled for you.

Enjoy!
Herbal Infusion

Ingredients:

- 2 cups nettles
- 1 cup hibiscus flowers
- 1 cup Red Clover flowers
- 2 heaping Tbsp. of green leaf stevia

Instructions:

1. Add all dry herbs to a gallon vessel.
2. Add hot water, stir, and put on the lid to steep overnight, up to 24 hours.
3. Strain and add more water to fill.
4. Refrigerate and use within 3-4 days.

Read more here: http://divinehealthfromtheinsideout.com/2016/01/make-healthy-mineral-rich-tasty-herbal-infusion/
Cranberry Nettles Tea

Makes 2 quarts

Ingredients:

- 6-8 ounces unsweetened cranberry juice, homemade (see recipe below) or store bought, depending on your taste preference
- 1 cup dried nettle leaf
- 3 tsp. dried spearmint leaf
- 2 tsp. dried green leaf stevia

Instructions:

1. In a 2-quart mason jar with a lid, place the nettles, spearmint and stevia.
2. Pour 1 quart of boiling water over the herbs.
3. Stir, and then put the lid on and allow to steep for 30 minutes to 1 hour.
4. Strain the herbs out (make sure to compost them, I feed them to my worms), rinse out the jar and pour the strained tea back into the jar.
5. Add 6-8 ounces of unsweetened cranberry juice and enough water to fill.
6. Drink 2-4 cups per day.
7. Enjoy this tea hot or cold. I drink it at room temperature.

Unsweetened Cranberry Juice

Ingredients:

- 12 ounces fresh cranberries
- 4 cups filtered water

Instructions:

1. Add cranberries into a large saucepan.
2. Add filtered water and boil until all the berries pop.
3. Strain the juice.
4. Pour into an empty 32-ounce cranberry juice bottle and add enough water to fill.
5. This recipe makes 32 ounces of pure cranberry juice - enough for 5 batches of this tea.

Schisandra Five Flavor Tea

Makes 12 cups

Ingredients:

- 2 Tbsp Schisandra Berries
- 2 Tbsp Elderberries (optional)
- 6 small pieces of licorice root, broken into small pieces
- 5-6-inch knob of ginger peeled and coarsely chopped
- A palmful or two of dried eleuthero
- 1-2 Tbsp of dried green stevia leaves
- 1-2 cinnamon sticks, crushed

Instructions:

1. Combine everything (except for the stevia) in a saucepan and cover with 4 cups of water.
2. Cover and bring to a boil.
3. Add the stevia.
4. Keep covered, reduce the heat to medium low, and let simmer for 15 minutes.
5. Strain, then add to a large pitcher and add 8 cups water.

Read more here: http://divinehealthfromtheinsideout.com/2013/07/schisandra-five-flavor-tea/
DIY “Kool-Aid”

Makes 2 quarts

Ingredients:

• 1/2 cup dried nettle leaf
• 1/4 cup dried hibiscus
• 1/4 cup dried spearmint
• 2 teaspoons dried stevia leaf
• 2 quarts water

Instructions:

1. Pour boiling water over the herbs in a large 2-quart mason jar, at least 4 cups.
2. Stir well and place lid tightly on the jar. Let steep 30 minutes up to 2 hours.
3. Strain and add enough water to make 2 quarts.

Read more here: http://divinehealthfromtheinsideout.com/2014/04/diy-kool-aid-recipe/
Lavender Stress Relief Tea

Ingredients:

- Lavender
- Chamomile
- Lemon balm

Instructions:

1. Mix together equal parts of lavender, chamomile and lemon balm.
2. Store in a jar with a lid, keeps a long time.
3. Use 1 heaping teaspoon in a tea ball.
4. Steep in hot (not boiling) water for 5 minutes.
5. Add honey to taste, relax and enjoy!

*Note: I sometimes add 1 teaspoon of spearmint to my tea ball with this mixture. By itself this blend can be a bit potent in taste due to the lavender, which I myself love, but not everyone will. I recommend blending it with another herb or two or steeping it for less time if the lavender flavor is too strong for your liking.

Other herbs you can try blending with the above base would be; passionflower, Rooibos, spearmint, lemongrass, peppermint, lemon myrtle leaf, sage leaf, stevia. All would additionally add to the relaxing, calming, soothing effect of the basic tea blend.

Read more here: http://divinehealthfromtheinsideout.com/2014/01/lavendar-stress-relief-tea/
Hibiscus Raspberry Leaf Tea

Ingredients:

- 1 scant cup red raspberry leaf (or try a mixture of 1/2 cup raspberry leaf and 1/2 cup of either nettles or oatstraw for some added calcium and minerals)
- 1/3 cup hibiscus flowers
- 2 pinches green stevia leaf (scant 2 teaspoons)
- 1 cup Organic Black Cherry Juice (cold pressed, not from concentrate) or if you like
- Tart Cherry Juice - optional
- Scant 2 quarts water (1 cup less to save room for the cherry juice if using)

Instructions:

For Iced Tea:

1. Place your herbs in a 2-quart mason jar or large glass measuring bowl.
2. Add 4 cups boiling water.
3. Stir. If using a mason jar, place a lid on tightly.
4. If using a bowl cover with a towel or plate.
5. Steep 30 minutes.
6. Strain. (Reserve the herbs to do a second batch. Only 1 quart and 1/2 cup cherry juice.)
7. Add in 1 cup of cherry juice, if using.
8. To Serve: Pour into glasses filled with ice and top with a couple raspberries.

For Hot Tea:

1. Place the herbs in a bowl and toss well to blend. Store in a glass jar with an airtight lid.
2. For each 8 ounces of tea, use a heaping teaspoon of the blend.
3. Steep 5-10 minutes. Taste. Add honey if desired.
4. Drink 2-4 cups daily as needed. Remember to drink plenty of water in addition.

Read more here: http://divinehealthfromtheinsideout.com/2014/02/a-simple-home-remedy-for-that-time-of-the-month/
Revitalizing Summer Tonic

Ingredients:

- 1/4 cup organic green tea
- 1/4 cup dried lemongrass
- 1 cup dried hibiscus flowers
- 1/4 cup organic orange peel (optional)
- 1/4 - 1/3 cup green leaf stevia

Instructions:

1. Blend all together in a small Fido jar, clamp the lid on and shake to combine.
2. Use a heaping 1/2 cup to make 2 quarts of tea if you are going to make it iced.
3. Add herbs to 2 quarts of hot water and steep for 3 minutes - no more!
4. Or use 1 heaping teaspoon per 1 cup of water to have a cup of hot green tea.
5. Enjoy!

*Note: If you do not prefer to use stevia, leave it out and use an alternative sweetener. I prefer no added sugar, which is why I choose stevia.

Read more here: http://divinehealthfromtheinsideout.com/2014/07/a-drink-to-your-health-video-recipe/
Holy Chai

Makes 2 cups

Ingredients:

- 1 cup water
- 1 cup coconut milk, preferably homemade
- 2 cardamom pods, crushed
- 2 cloves, or 1 star anise, crushed
- Pinch of fennel seeds
- 1 heaping teaspoon of Green tea leaves (any kind you like) OR try black tea 1 heaping teaspoon of Holy Basil
- Tiny pinch of green leaf stevia (optional) or sweetener of your choice

Instructions:

1. Add cardamom, cloves, fennel seeds and water to teapot and bring to a low boil.
2. Add tea leaves and stevia leaves (if using) to water and cover for 3 minutes.
3. Remove cover, strain and add the coconut milk.
4. Bring everything to a boil for about 30 seconds.
5. Remove from heat and serve. Add sweetener to taste if desired.
6. Optional: I often use a Green Tea Chai blend that I get through Frontier herbs. In that case, you would just add 1 heaping teaspoon of the chai blend and 1 teaspoon of the Holy Basil leaves and omit the spices.
7. Alternatively: Add the tea leaves alone first and steep for 3 minutes.
8. Strain and then add the spices to the pot and bring back up to a boil quickly.
9. Reduce to a low simmer and simmer 15 minutes.
10. Or just turn off the heat and let steep 30 minutes. Strain and bring back up to a quick roll and pour into a cup and drink.
11. A 30-minute steep time gives the best spice flavor I find. Either way, if you need a quick hot drink, the short method tastes great as well.

Read more here: http://divinehealthfromtheinsideout.com/2014/03/a-holy-chai-experience/
Hibiscus Raspberry Green Tea

Makes 1 cup

Ingredients:

• 6 teaspoons green tea (make sure to use a green tea that you like – I used Gunpowder Green Tea)
• 6 teaspoons chamomile (optional)
• 1/2 cup hibiscus flowers
• 1-2 ounces dried raspberries, crushed a bit
• 6 teaspoons orange peel (optional)
• 6-8 teaspoons green leaf stevia (optional)

Instructions:

1. Blend all together in a mason jar (make sure to include the little white fresh pack from your bag of dried raspberries) and place the lid on and shake to combine.

2. Use about 4-6 teaspoons to make one quart of tea if you are going to make it iced. Steep 3 minutes - no more!

3. Or use 1 heaping teaspoon to have a cup of hot hibiscus raspberry tea.

4. Enjoy!

Read more here: http://divinehealthfromtheinsideout.com/2013/09/iced-hibiscus-raspberry-green-tea/
Rooibos Chai

Makes 1 quart

Ingredients:

- Scant 1/2 cup Red Rooibos tea
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 tsp. nutmeg
- 1/2 tsp. cloves
- 1/2 tsp. allspice
- 3 cardamom pods crushed
- 1 tsp. vanilla (optional)
- 2 cups water
- 2 cups homemade coconut milk
- 1/4 cup honey

Instructions:

1. In a small saucepan/pot, bring 2 cups water to a boil with the tea and spices.
2. Turn off heat and leave covered to steep for 7-10 minutes.
3. Strain and add to 1-quart jar with honey, coconut milk and vanilla. Stir well to dissolve the honey.

Read more here: http://divinehealthfromtheinsideout.com/2014/04/soothe-your-soul-with-a-rooibos-chai/