

## Nettle Tea Infusion

Stinging nettles are native to the Pacific NW and when dried, make a wonderful mineralizing tea to drink hot or cold. Nettles are rich in many nutrients including calcium, iron, Vitamin A and C. Health benefits include relief from allergic rhinitis, diuretic and blood pressure reducing abilities and support for healthy skin and hair.

1 oz. dried nettle leaf (about 1 tablespoon per cup of water)

4 cups water

Bring the water to a boil. Measure the dried nettles into a glass container, a Mason jar or French Press both work well. Pour the hot water over the dried nettles and cover with a lid. Let sit for 4 to 8 hours (or overnight). Strain the nettles from the liquid using a fine mesh strainer or with the aid of the French Press. The tea can be reheated to enjoy hot or refrigerated and served cold to enjoy in the summer. Sweeten lightly with honey if desired. Leftover infusion should be stored in the refrigerator and consumed within a few days.

Recipe adapted from <http://www.herbanwellness.net/blog/2012/06/healthy-skin-from-the-inside-out/>