



Sleepy Tea for Overtired Children (and grownups, too)



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon fennel seeds
- ☐ 4 servings heavy cream as needed
- ☐ 4 servings honey as needed
- ☐ 1 teaspoon lavender flowers dried
- ☐ 1 tablespoon lemon balm dried
- ☐ 2 teaspoons peppermint dried
- ☐ 1 teaspoon rose petals dried

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2 slices licorice root dried

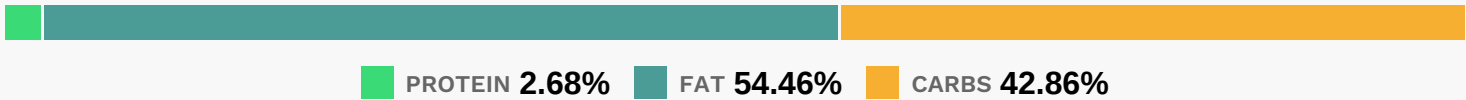
Equipment

- ☐ stove
- ☐ mortar and pestle
- ☐ teapot

Directions

- ☐ Place a kettle of filtered water onto the stove and bring to a boil.While the water comes to a boil, place herbs and spices into a mortar and crush with a pestle until roughly combined.
- ☐ Transfer to a teapot, pour boiling water over the herbs and steep for three to five minutes.Strain and serve with honey and cream, as you like it.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:4.75, Inflammation Score:-2, Nutrition Score:1.6786956566831%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 88.27kcal (4.41%), Fat: 5.52g (8.49%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.15g (3.33%), Sugar: 7.89g (8.77%), Cholesterol: 16.95mg (5.65%), Sodium: 5.28mg (0.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 6.13mg (7.43%), Vitamin A: 331.63IU (6.63%), Manganese: 0.07mg (3.38%), Fiber: 0.62g (2.48%), Calcium: 24.25mg (2.42%), Vitamin B2: 0.04mg (2.25%), Vitamin D: 0.24µg (1.6%), Vitamin E: 0.21mg (1.41%), Iron: 0.24mg (1.33%), Phosphorus: 13.21mg (1.32%), Magnesium: 5.07mg (1.27%), Potassium: 40.11mg (1.15%)