Herbal Tea Recipe Cards

4 simple blends from your herb garden · A free printable from Elderberry Herbal · Nov 25, 2026

How to Make a Perfect Herbal Tea

Each recipe makes **one mug (about 250 ml)**. Amounts are for **dried** herbs. If you're using fresh herbs, use roughly three times as much.

1. Put the herbs in a teapot, a tea infuser or straight into your mug.
2. Pour over water that has just come off the boil.
3. **Cover** the mug with a saucer while it steeps. This keeps the fragrant oils in your tea instead of in the air.
4. Steep for the time on the card, then strain and enjoy.

Card 1: Sleepy Time

A soft, floral cup for winding down in the evening.

You need:

- 1 teaspoon dried chamomile flowers
- 1 teaspoon dried lemon balm
- ¼ teaspoon dried lavender flowers

Steep: 5 to 10 minutes, covered.

Best: 30 to 60 minutes before bed.

Take care: Avoid if you're allergic to daisy-family plants. Check with your GP or pharmacist if you take sedatives, thyroid medication or blood thinners.

Card 2: After-Dinner Digestive

A fresh, minty cup traditionally enjoyed after a big meal.

You need:

- 1 teaspoon dried peppermint leaves
- ½ teaspoon dried chamomile flowers

Steep: 5 minutes, covered.

Best: 20 to 30 minutes after eating.

Take care: Peppermint can make heartburn or acid reflux worse. Avoid chamomile if you're allergic to daisy-family plants.

Card 3: Winter Warmer

A comforting cup for chilly days and scratchy throats.

You need:

- ½ teaspoon dried thyme
- 1 slice of fresh lemon
- 1 teaspoon honey, stirred in once it has cooled slightly
- Optional: 1 teaspoon homemade elderberry syrup

Steep: 10 minutes, covered.

Best: Any time in autumn and winter.

Take care: Never give honey to babies under 12 months. Elderberry syrup must be made from **cooked** berries. Never use raw elderberries.

Card 4: Calm Afternoon

A light, lemony-mint cup for a mid-afternoon pause.

You need:

- 1 teaspoon dried lemon balm
- ½ teaspoon dried peppermint leaves

Steep: 5 minutes, covered. It's also lovely chilled over ice in summer.

Best: Mid-afternoon, in place of a third cup of coffee.

Take care: Check with your GP or pharmacist if you take thyroid medication or sedatives. Peppermint can make reflux worse.

A Note on Safety

These are gentle, everyday blends. A mug or two a day is plenty. If you are pregnant, breastfeeding, taking prescribed medicines or living with a long-term health condition, check with your GP or pharmacist before drinking herbal teas regularly. Stop if you notice any reaction.

For how to grow every herb in these recipes, see my free *UK Herb Planting Calendar* and *10 Easy Herbs* guide at elderberryherbal.com.

Disclaimer: These recipes are for general education only and are not medical advice.

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