

VALERIAN CHAMOMILE ICED TEA

Created By June Ok
MRO's Summer Intern Class of 2022



A **CALMING** iced tea
to **SUPPORT** relaxation
and sleep

INGREDIENTS



1 Serving
MaryRuth's Organic
Valerian Root



1 Serving
MaryRuth's Melatonin
Sleep Gummies



1 Tbsp
Dried Chamomile



2 Tsp
Passion Fruit Syrup
or Concentrate



3 Cups
Water



1-2 Tsp
Lemon Juice

INSTRUCTIONS

1. Bring 1 cup of water to a boil in a small pot.
2. Turn off the heat, add dried chamomile flowers and cover pot with lid. Let steep for 5-10 minutes.
3. Strain the dried flowers and combine with 2 cups of cold water. Let chill in the fridge until cold.
4. Divide cold chamomile tea into two cups then stir in passion fruit syrup and lemon juice.
5. Add one serving of Organic Valerian Root Drops and stir.
6. Garnish with 1-2 Melatonin Sleep Gummies.