RISE & chai

TEA WITH MERAMIYEH

A refreshing and soothing sage tea
for all the tea lovers out there.

INGREDIENTS

- 240ml water
- Tea bag
- 1 tablespoon of dried
- Palestinian meramiyeh
- Lemon wedge
- Honey or sugar to taste

INSTRUCTIONS

1. Bring your water to the boil and add your tea bag.

2. Remove from the boil and add the meramiyeh to the tea and let it steep for a couple of minutes.

3. Drain the tea and add the lemon or honey to taste.