

Simple herbal teas

EASY STEP BY STEP RECIPES

Teas and infusions to
herbal chai and
golden milk



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About me

My name is Laura Carpenter and I am a herbal educator.

I love bringing 'lost herbal knowledge' back into the everyday,

I run courses at all levels, from the absolute beginners, right up to professional development for herbal practitioners.

You can find out more about me on my website. www.lauracarpenter.co.uk





Before we get started we need to take a moment to talk about safety

It is important to remember that just because herbal medicine is natural **does not mean that it is automatically safe.** Some people can have reactions to herbal medicines, and although this is rare it is important to bear in mind.

Are you taking any medication?

If you are taking any form of medication it is important to check that it is safe to take a particular herb with that medication before proceeding. Some herbs can directly interact with a drug and some can stop the drug working altogether.

Pregnancy

If you are pregnant or there is a chance you might be, you must only use herbal medicine with the supervision of a medical herbalist.

If you are unsure about a herbal medicine and how you might react to it, the safest thing to do is not take it and consult a medical herbalist for more information.

It is important to recognise when a condition is more serious, and to know your limits. If you become ill with something you'd normally go see the doctor about, it is important that you still go as normal.

Teas and infusions

Teas or infusions are when a medicinal plant is soaked in hot water. Traditionally an infusion is where the herb is steeped in hot water for several hours.

Teas are steeped for much less time and are weaker but still valuable in their medicinal uses.

A simple infusion is when a herb is steeped in hot water, and usually left for 10-15 minutes to infuse and the herb is then removed, leaving a tea type liquid, often quite strong.

Infusions are often used for acute conditions such as colds and flu. The heat of the liquid and its journey through the body is most beneficial in acute conditions, for example, drinking peppermint tea for indigestion.

Herbs that are made into infusions are usually leafy, flowery herbs. The usual dosage for an infusion is 5-10g ; the number of doses per day would depend on the condition and the herbs being used. For example, in colds and flu's infusions are usually taken 4-5 times a day, whereas in the case of indigestion, one dose would usually be sufficient.



Basic recipe

5-10g of herb
1 cup of hot water

Either add the herb to a tea strainer and leave in the cup of hot water for 10 minutes. Or add the herb to the cup of hot water, cover and allow to sit for 10 minutes, strain using muslin or a fine tea strainer.



Simples

A simple is a traditional word that often means single medicine, or one plant as a medicine. They are often underestimated and I am a big fan.

Here are some simple tea remedies to try.

Here are some of my favourite

- Chamomile and aloe vera - another great one for sun burn and heat rash

Simple teas

Using the method and quantities in the above recipe, here are some simples to try (some you may have already tried).

Chamomile

So under rated and yet so useful. Often thought of as a relaxing herb and one to take before bed but it's also great for bloating and sluggish digestion.

Lavender

Lavender is often used in relaxing pillows and skin creams but it's also a great herb as a tea. It's gently relaxing, like chamomile, and has a very light sweet, and only slightly floral taste as a tea. Great to try after a stressful day.

Calendula

Calendula, also known as marigold, makes a lovely tea with a light taste. It's great for general health and also helps the skin. It also makes a wonderful foot bath.



Making a herbal chai

Chai is traditionally an Indian sweet tea with spices and there are now hundreds of chai based products.

You can make your own herbal chai blend with ingredients you probably have in your kitchen cupboard.



Basic recipe

- 90g of black tea/rooibos/green tea
- 30 cardamom pods
- 45g of a herb of your choice e.g. rose
- 2 cinnamon sticks
- 10g ground/fresh ginger
- 10g pink peppercorns
- 4 star anise

Mix together and store all dried ingredients in a jar.

Take 15g - 30g of the mix (depending on how strong you like it) and add to a pan of water. Simmer for 5 minutes.

Strain and add milk/plant milk and sugar/substitute to taste.

Here are some of my favourite alternatives blends to try:

- Green tea, nettle leaf, orange peel and ginger
- Rooibos, chamomile, cinnamon, ginger and nutmeg



Golden milk

Golden milk is a traditional Indian drink that's often used to aid sleep, as well as other health benefits.

It's gained a lot of fame due to turmeric being hailed as a 'wonder herb', especially its use as a natural anti-inflammatory.

For more details please see **my [YouTube channel](#)**.



Basic recipe

- 1 cup of whole milk (or coconut milk)
- 5g cinnamon
- 3g nutmeg
- 2 cardamom pods
- 15g turmeric powder
- 1g ground black pepper

Add the ingredients to a pan and gently bring to a simmer for 5 minutes. Strain and add honey/substitute to taste.

Here are some of my favourite turmeric recipes to try:

- Add the above powders to coconut oil and form into lozenges. Freeze or eat in three days.
- Add fresh turmeric to your fire cider vinegar for extra zip.

