

The Standard Chamomile Flowers Cup

From the Teas.co.uk wiki

A good chamomile cup is soft, honeyed and gently floral, not the thin, hay-like brew most people end up with. Whole chamomile flowers, as in Teapigs, hold far more of that apple-sweet aroma than dust, and the trick is a covered, generous steep that gives the delicate oils time to come out.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Chamomile Flowers Cup recipe. Canonical: <https://teas.co.uk/recipes/camomile-tea/the-standard-chamomile-flowers-cup/>*

It uses Teapigs Chamomile Flowers, a pure caffeine-free flower infusion. One mug, a few minutes, the classic evening cup.

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