The Standard Relax Cup

From the teas.co.uk wiki

Pukka Relax is a chamomile, fennel and marshmallow root infusion: pale yellow, faintly sweet, with a warm fennel anise note holding it together. Brew it covered and steep a little longer than ordinary chamomile, because the fennel and marshmallow root take more time to come through.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Relax Cup recipe. Canonical: https://teas.co.uk/recipes/fruit-tea/the-standard-relax-cup/*

It uses Pukka Organic Relax, a caffeine-free herbal infusion. One mug, six to seven minutes.

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