Brewing Twinings Peace (Camomile and Rose)

From the teas.co.uk wiki

Twinings Peace is a caffeine-free herbal with a romantic streak: camomile leads, a delicate rose sits in the middle, and lemon balm and lavender freshen the finish. The rose is what marks it out from a plain camomile. Steep it for five minutes in just boiled water.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Peace (Camomile and Rose) recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/brewing-twinings-peace-camomile-and-rose/*

Makes one cup. There is no need for milk; add a little honey only if you want it sweeter.

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