

Brewing Twinings Sweet Dreams (Camomile, Cinnamon and Vanilla)

From the Teas.co.uk wiki

Twinings Sweet Dreams is a caffeine-free camomile with a dessert-like twist: a warm cinnamon and vanilla middle makes it taste almost sweet on its own, with a clean lemon balm finish. The cinnamon and vanilla are what set it apart from a plain camomile. Give it a five minute steep in just-boiled water.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Sweet Dreams (Camomile, Cinnamon and Vanilla) recipe. Canonical:*

<https://teas.co.uk/recipes/camomile-tea/brewing-twinings-sweet-dreams-camomile-cinnamon-and-vanilla/>

Makes one cup. No milk needed; a little honey if you want it sweeter still.

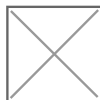
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