

## The Standard Evening Cup (Yogi Tea Organic Bedtime)

From the Teas.co.uk wiki

Yogi Tea Organic Bedtime is an Ayurvedic-style blend of camomile, lemon balm, valerian and fennel with cinnamon, cardamom and liquorice. Brewed five minutes, it steeps into a soft, pale-gold herbal brew, honeyed camomile at the front, a lemony lift through the middle and a gently spiced, naturally sweet finish. An easy cup for the end of the day.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Evening Cup (Yogi Tea Organic Bedtime) recipe. Canonical: <https://teas.co.uk/recipes/camomile-tea/the-standard-evening-cup-yogi-tea-organic-bedtime/>*

### Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

**+100 pts**

**Create your free account**

Welcome bonus + earn on every order.



**100 pts = 1 tree**

**Plant a tree in Scotland**

Pledge points to our reforestation partner.



