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. 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/*

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