

## Parsley Herb Tea

Fresh leaves make the best tea. Use about  $\frac{1}{4}$  cup of bright green chopped [parsley](#) leaves and fill up with boiling water. Leave to steep for 10 minutes and then strain and sweeten to taste.

Some people find the taste of this tea too astringent, if so then try halving the amount of leaves or reduce the steeping time if this is the case.