



1 serving



5 minutes

## nettle infusion

### ingredients:

- 4-5 heaping tablespoons of dried nettles {or 1/2 cup fresh}
- for a super infusion, add 1 cup nettles to 1 quart water
- filtered water

### instructions:

1. Chop herbs if not chopped.
2. Put herbs quart-sized mason jar.
3. Pour almost boiling water over the top.
4. Cover. Let steep for 4-8 hours. I like to prep my infusions while cooking dinner and let infuse overnight.
5. Strain and enjoy!
6. Store in the fridge.

### The cuisine of healing

- Nettle leaves are highly nutritive and packed with vitamins & minerals.
- As an antihistamine, it helps with seasonal allergies.
- Nettles restore taxed adrenals and helps to rebuild from exhaustion & fatigue.
- The leaves support kidney & urinary system detox and cleanse and move toxicity from the joints & blood.
- Consistent intake of nettle leaves helps to heal acne, clear eczema, psoriasis and other skin conditions.