



Stinging Nettle Infusion Recipe

INGREDIENTS:

- 55g dried stinging nettle leaf
- 8 cups water

METHOD:

1. Bring the filtered water to a boil
2. Toss nettles into a mason jar, and then fill it with boiling water. Allow the herbs to steep in water for at least 4 and up to 12 hours, then strain them from the infusion using a fine-mesh sieve or tea strainer
3. Drink right away, or store the strained infusion in the fridge up to 3 days

NOTES:

Nettle infusions, like most foods and drinks, taste best when you make them fresh. However, you can make this infusion, strain out the nettles, and store the drink in the fridge for about 4 days.

