

# Tea Blend With Herbs for Liver Health

Make your own tea blend with nourishing herbs for liver health. Turmeric, black pepper, and dandelion root shine in this tasty Love Your Liver tea blend — one of my favorite blends I've ever made!



## What you'll need...

- 2 teaspoons (7 grams) dried roasted dandelion root cut/sifted
- 1 teaspoon (3 grams) dried roasted chicory root cut/sifted
- 1 teaspoon (4 grams) cacao nibs
- 1/2 teaspoon (1 gram) orange peel dried & cut/sifted
- 1/2 teaspoon (<1 gram) dried turmeric root cut/sifted
- Small pinch freshly ground black pepper (coarse)
- 16 ounces of water
- Milk or milk substitute (optional)
- Honey or desired sweetener (optional)

- 1 Combine all the ingredients into a small saucepan.
- 2 Bring to a boil and then simmer for 15–20 minutes.
- 3 Strain.
- 4 Add milk and honey as desired.

**Yield:** 1 serving