



How to make Bay Leaf Tea

<https://classicbakes.com/recipes/how-make-bay-leaf-tea>

- **Prep Time:** 1 mins
- **Cook Time:** 15 mins
- **Total Time:** 16 mins
- **Serves:** 4 persons



Ingredients

- 4 [Bay Leaves](#) (dry or fresh)
- 32 oz Water
- [Honey](#) Or [Sugar](#) to taste

Optional Ingredients

- [Ginger](#)
- [Soursop Leaves](#)

- [Lemongrass](#)
- [Mint Leaves](#)
- [Cassia Spice Bark](#)

Instructions

1. In a [small pot](#), bring 32 ounces of water to a boil.
2. Add the bay leaves to the water and boil for 3 minutes. If desired, at this point, you can add any or all of the optional ingredients.
3. Remove from the heat, cover, and allow to steep for at least 5 minutes. The longer it soaks, the more profound the flavor.
4. Remove ingredients with a strainer or [slotted spoon](#) and re-warm tea if necessary.
5. Serve warm in a [teacup](#) or [coffee mug](#) and sweeten with sugar or honey to taste.

Full recipe: <https://classicbakes.com/recipes/how-make-bay-leaf-tea>