

Lemon Balm Tea

Learn how to make soothing lemon balm tea with fresh or dried leaves. This healthy herbal tea promotes relaxation and better sleep naturally.

5	5	10	1	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Lemon Balm Tea

Ingredients

- 2 cup water
- 1 tsp honey

Instructions

- 1 Heat the water**
Heat 2 cups of water in a kettle or saucepan over medium-high heat until it reaches a rolling boil (212°F/100°C), about 3-5 minutes.
- 2** Remove the water from heat and let it cool for 1 minute to reach 200°F (93°C) - the ideal temperature for herbal teas.
- 3 Prepare the tea**
Place 1 teaspoon of dried lemon balm leaves (or 2 teaspoons if using fresh) into a teapot or large heat-proof mug.
- 4** Pour the hot water over the lemon balm leaves and immediately cover with a lid or plate to trap the essential oils.
- 5** Steep for 5-7 minutes until the water turns pale golden yellow and develops a strong, lemony herbal aroma.
- 6 Strain and serve**
Strain the tea through a fine-mesh strainer into your serving cup, pressing gently on the leaves to extract remaining liquid.
- 7** Discard the used leaves and serve immediately while hot, or allow to cool completely for iced tea.

Tips

Use water heated to 200-212°F (93-100°C) for optimal extraction of flavor compounds from lemon balm leaves.

Cover the teapot or cup while steeping to prevent the loss of volatile oils that give lemon balm its distinctive aroma and therapeutic properties.

Fresh lemon balm leaves should be bruised or lightly crushed before steeping to release more essential oils and create a stronger flavor.

Strain the tea through a fine-mesh strainer to remove all plant material and prevent continued steeping that could make the tea bitter.

Store leftover cold lemon balm tea in the refrigerator for up to 3 days, adding fresh lemon juice to maintain brightness and prevent oxidation.

Start with shorter steeping times and adjust to taste - over-steeping can result in a bitter flavor that masks lemon balm's natural sweetness.

Add honey or natural sweeteners after the tea has cooled slightly to preserve the beneficial properties of both the sweetener and the herbs.