

Nostalgic Honeysuckle Tea Recipe - Naturally Sweet and Floral

is more than a drink-it's a



TIME
10 min

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INGREDIENTS

2-3 cups honeysuckle flowers (golden/yellow, not wilted)
2 cups water
Honey, sugar, or stevia, to taste

DIRECTIONS

1. Harvest & Prep the Flowers: Pick 2-3 cups of golden-yellow honeysuckle blossoms. Make sure they are fresh, not wilted or browned.
2. Rinse well with cold water in a colander.
3. Remove the green base at the bottom of each flower, if still attached. Do not remove the stamen-it holds the sweet nectar.
4. Boil the Water: In a medium pot, bring 2 cups of water to a full boil.
5. Once boiling, turn off the heat.
6. Steep the Flowers: Add all of the honeysuckle blossoms to the hot water. Stir gently and cover the pot with a lid.
7. Allow to steep for at least 1 hour, or up to 4 hours for stronger flavor.
8. Strain & Sweeten: Strain the tea through a fine mesh strainer or cheesecloth to remove flowers and debris.
9. Stir in honey, sugar, or stevia to taste.
10. Let cool slightly before serving.

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Original recipe: <https://chefmaniac.com/nostalgic-honeysuckle-tea-recipe-naturally-sweet-and-floral/>