

A cup of honey-chrysanthemum tea is the central focus, served in a white ceramic cup on a matching saucer. The tea is a pale yellow color with a few dried chrysanthemum flowers floating in it. The cup and saucer are placed on a bamboo mat. In the background, there is a large, open wooden fan with intricate floral patterns. To the left, several bright yellow chrysanthemum flowers are in bloom. The overall scene is warm and inviting, with a focus on natural ingredients and traditional aesthetics.

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## HONEY-CHRYSANTHEMUM TEA

Moistens dryness of the Lungs, relieves cough.  
Clears the Liver and brightens the eyes.

### INGREDIENTS

- 30 g (1.1 oz) chrysanthemum
- 150 g (5.3 oz) honey
- 1000 cc (1000 ml) water

*Makes 2 servings*

### COOKING

- Place the chrysanthemum and water in a clear pot.
- Bring to a boil over high heat. Continue to boil for 2 minutes. Pot can either be covered or uncovered.
- Strain the tea and allow it to cool to desired temperature.
- Add honey and stir until dissolved. The dosage of honey can vary depending on individual taste.