

# How to Make Chrysanthemum Flower Tea

Yield: 2 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/chrysanthemum-greens-japanese-recipe>

## Ingredients:

- 10 chrysanthemum dried, food grade, Flowers, 5 flowers per cup
- 2 cups hot water
- sugar optional
- agave optional