

# Chamomile Infusion with Dried Prunes

This simple idea sprang forth while camping at a yurt on the Oregon coast. A cool evening, a chamomile tea bag and some homemade dried prunes...voila! Much later, what do I discover but Paula Wolfert's Prunes in Armagnac that also starts with prunes added to chamomile tea! See [http://www.paula-wolfert.com/recipes/prune\\_armagnac\\_icecream.html](http://www.paula-wolfert.com/recipes/prune_armagnac_icecream.html) for where Paula went with her idea.

## Ingredients

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- 1 teaspoon dried chamomile flowers
- 2 dried prunes, whole or sliced

## Method

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1. Place dried prunes in bottom of large mug.
  2. Place chamomile flowers in a tea infuser or tea strainer, then into the mug.
  3. Pour 8 ounces boiling water into mug.
  4. Let infuse for 10 minutes. Drink hot tea and slurp down the plumped prunes at the bottom.
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Source: [Mary Scott \(1 servings\)](#)

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