



Herbal Tobacco



Ingredients:

One handful of dried/chopped Coltsfoot leaves

One handful of a combination of other dried aromatic herbs:

Thyme, Chamomile, Mugwort, Sage, Mint, Passiflora

Rub the herbs together with your hands for quite awhile until they are well mixed and fluffy. The fluffiness is important, as the coltsfoot needs airspace.

Dissolve 1 teaspoon of honey in 3 teaspoons of water. Mix well into the herbs until they are completely coated. This makes for a less dry smoke.

Spread the mix out on a tray and dry for one or two days, turning the mix from time to time.

Store in an airtight container,

NOTE: This smoking mix contains tar, but no nicotine.



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