



by Cheryl Jabz



# ELDERBERRY & PEPPERMINT TEA

Supports immune function and helps open nasal passages.



## INGREDIENTS:

- 2 tsp dried elderberries
- 2 tbsp dried peppermint leaves
- A few crushed peppercorns
- 2 cups boiling water

## INSTRUCTIONS:



Steep for 5–10 minutes, strain, and drink warm.



*Tip: Enjoy warm for comforting seasonal support.*



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