

Everything
HERBAL

by Cheryl Jabez

Warm Moments
Healthier Days
One Cup
at a Time!

IMMUNE SUPPORT & COZY COMFORT

“He gives strength to
the weary and increases
the power of the weak.”

— Isaiah 40:29 (NIV)

Bubbie's Daily Cup of Tea

APPLE CINNAMON HIBISCUS ELDERBERRY TEA

A delicious, warming blend to help
support your immune system, protect
against seasonal sniffles, and bring
cozy comfort — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 2 Tbsp dried hibiscus flowers
- 1 Tbsp dried elderberries
- 1 apple, sliced (fresh or dried)
- 1 cinnamon stick
- 3–4 whole cloves
- 1 slice fresh ginger (optional)
- 1–2 tsp honey or maple syrup (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add hibiscus, elderberries, apple slices, cinnamon stick, cloves and ginger.
- 3 Reduce heat and simmer for 10–15 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Sweeten with honey if desired.
- 7 Sip slowly and enjoy!

SCAN & VISIT



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