

Everything
HERBAL

by Cheryl Jabez

Cozy Moments
Brighter Days
One Cup at
a Time!

IMMUNE SUPPORT & SEASONAL COMFORT

"The Lord is my strength
and my shield; my heart
trusts in Him, and I am helped."

— Psalm 28:7 (NIV)

Bubbie's Daily Cup of Tea

ELDERBERRY ECHINACEA APPLE SPICE TEA

A nourishing, naturally sweet blend to
help support your immune system,
keep you cozy and comfort you during
seasonal changes — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 2 tsp dried elderberries
- ♥ 1 tsp dried echinacea (leaves or flowers)
- ♥ 1 tsp dried apple pieces
- ♥ 1 cinnamon stick (or 1 tsp ground cinnamon)
- ♥ 3 whole cloves
- ♥ 1 orange slice (fresh or dried, optional)
- ♥ 1–2 tsp honey or maple syrup (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add elderberries, echinacea, apple pieces, cinnamon and cloves.
- 3 Reduce heat and simmer for 10–12 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Sweeten if desired. Sip slowly and enjoy!



Bubbie's TEA TIP

This warming tea is wonderful
at the first sign of sniffles or when
you need a little extra support.
The natural goodness of elderberries,
echinacea and spices come together
to comfort your body and soul.

BUBBIE'S TIP

Add a slice of orange or a drizzle
of honey for extra flavor and
a boost of vitamin C!

GOOD TO KNOW

Elderberries are rich in antioxidants
and may help support immune health.
Echinacea is traditionally used to
support the body's natural defenses.
Apples, cinnamon and cloves add
warming, comforting flavor.

Source: NIH – Elderberry; Echinacea;
Cinnamon; Clove – Herbal Immune Support

SCAN & VISIT



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