

Everything HERBAL

by Cheryl Jabez

A little
tea, a lot
of goodness
for body, mind
and soul.

PEACE & RESTORATION

"He refreshes my soul.
He guides me along the right
paths for his name's sake."

— Psalm 23:3 (NIV)

Bubbie's Cup of Tea

LEMON ELDERBERRY ECHINACEA TEA

A comforting, immune-boosting cup
to help you feel your best —
inside and out!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried elderberries
- ♥ 1 tsp dried echinacea (or 1 echinacea tea bag)
- ♥ 1 tsp fresh ginger, sliced (or ½ tsp dried ginger)
- ♥ 1 lemon, sliced
- ♥ 1 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add elderberries, echinacea and ginger. Simmer for 10 minutes.
- 3 Remove from heat and add lemon slices.
- 4 Strain into cups.
- 5 Sweeten with honey if desired. Sip slowly and feel the goodness!

SCAN & VISIT



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