

Everything HERBAL

by Cheryl Jabez

Sip
Nourishment
Feel the Difference!

IMMUNITY & WELLNESS SUPPORT

"For I will restore health to you
and heal you of your wounds,"
says the Lord."

— Jeremiah 30:17 (NIV)

Bubbie's Daily Cup of Tea

HIBISCUS ELDERBERRY WELLNESS TEA

A vibrant, fruity herbal blend to help
support your immune system, lift your
spirits and keep you feeling your best —
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 tsp dried rosehips (optional)
- ♥ 1 tsp dried orange peel (optional)
- ♥ 1 tsp fresh or dried lemon balm leaves
- ♥ 1 lemon, sliced
- ♥ 1–2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add hibiscus, elderberries, rosehips, orange peel and lemon balm.
- 3 Simmer for 8–10 minutes.
- 4 Remove from heat and add lemon slices.
- 5 Strain into cups.
- 6 Sweeten with honey if desired. Sip slowly and enjoy!

SCAN & VISIT



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