

Everything HERBAL

by Cheryl Jabz

FAITH & CALM

"You will keep in perfect peace
those whose minds are steadfast,
because they trust in you."

— Isaiah 26:3 (NIV)

Bubbie's Cup of Tea

ELDERBERRY ECHINACEA IMMUNE TEA

A nourishing cup for wellness & vitality!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried elderberries
- ♥ 1 tsp dried echinacea (root or flower)
- ♥ 1 tsp dried hibiscus flowers
- ♥ 1 tsp dried lemon balm
- ♥ 1 tsp honey (optional)
- ♥ Lemon slice (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add elderberries, echinacea, hibiscus, and lemon balm.
- 3 Cover and steep for 10–15 minutes.
- 4 Strain into cups.
- 5 Sweeten with honey and add lemon slice if desired. Sip warm and enjoy!

SCAN & VISIT



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Bubbie's TEA TIP

Elderberry and echinacea are traditional herbs that may help support the immune system and overall well-being.

BUBBIE'S TIP

Make this tea when you need extra support or feel a cold coming on. Rest, hydrate, and be kind to yourself.

GOOD TO KNOW

Elderberry is rich in antioxidants. Echinacea has been traditionally used to support immune health and respiratory function.

Source: Mayo Clinic – Elderberry; NIH – Echinacea