

HONEY & LEMON FLU TEA

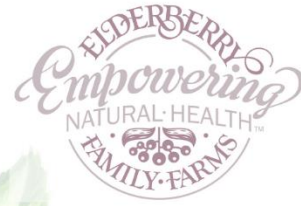
Ingredients:

- 4 Tablespoons Elderberry Fruit Blend Tea
- 2 Lemons
- 1 Pint Apple Juice
- 4 Tablespoons Honey

Juice two lemons (about 6 TBS juice) and set the juice and peels aside. In a quart jar, pour 4 cups boiling water over 4 TBS of Elderberry Fruit Blend Tea. Steep for 5 minutes, then add the quartered peel of 1 lemon and steep another 2 minutes.

Pour the tea through a fine mesh strainer into a 2-quart saucepan. Add 4 TBS honey (or to taste), 1 pint apple juice and the 6 TBS lemon juice. Stir until honey is dissolved and gently reheat until very warm. Enjoy!

Recipe by Anne Marck



Here's one of our best recipes to get you started. We use this tea to soothe raw throats, quiet coughs, and ease the aches and pains of illness. *

You may have been drinking our Elderberry Herbal Tea Blends for pleasure. But did you know, they are also a delicious way to combat the cold and flu season? We don't just blend these teas for their flavor. These herbs carry significant health benefits as well.

Of course, Elderberry Fruit Blend Tea contains the immune boosting star of the show - elderberries! But it also boasts rose hips, lemon grass, hibiscus, peppermint, and orange peel.

Elderberry Fruit Blend Tea is available in 3 oz. decorative tins or 3 oz. bags.

Purchase Elderberry Fruit Blend Tea on ElderberryFamilyFarms.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.