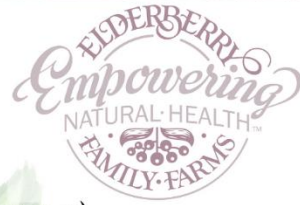


ELDERBERRY LEMONADE



Ingredients:

1 cup Lemon Juice

1 cup Raw Sugar (or sweetened to taste with preferred sweetener)

1 Tbls Elderberry Juice Powder

6 1/2 cups Water

Mix raw sugar and Elderberry Juice Powder together. Then add 2 cups of water and 1 cup lemon juice. Mix in a blender for about half a minute until dissolved. Pour into pitcher with remaining 4 1/2 cups water and stir. Serve over ice. Each 8 ounce serving contains 750 mg of Elderberry. Recipe makes 2 quarts. Enjoy!

Recipe by Theresa Echols

This recipe tastes great with raw sugar, honey, or any preferred sweetener. We recommend serving over ice on especially hot summer days! A great and yummy way to get your daily dose (750 mg) of Elderberry!