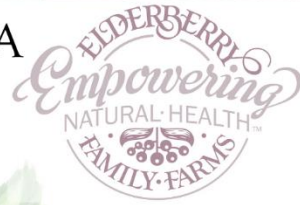


ELDERBERRY CITRUS GINGER TEA (HOT OR COLD)



Tea Base

2 cups boiling water

2 TBS Elderberry Citrus Ginger Tea

Steep tea for 5 minutes, strain and discard tea leaves. Do not steep for longer than 5-7 minutes, as tea will become bitter.

For hot add: 2 1/2 TBS honey, 1 TBS lemon juice,
1 drop lemon essential oil (optional)

Pour into a mug and serve.

For cold add: 3 TBS honey or sugar, 2 TBS lemon juice

Cool tea thoroughly, pour over ice in a tall glass and serve. Enjoy!

Recipe by Anne Marck

We've got you covered for that hot drink and the cold one as well. Our teas are the perfect solution. You can prepare them hot or cold with a splash of milk, lemon, honey, or sugar, and they taste amazing!

We're especially fond of our new Elderberry Citrus Ginger Tea. With all the goodness of elderberries, plus seven health-promoting herbs, it's a relaxing tea rich in antioxidant, anti-inflammatory, and immune boosting benefits.

And over ice, it's a delicious fruity pick-me-up on a warm afternoon.