

# Elderberry Tea

This delicious immune-boosting homemade elderberry tea is made with dried elderberries, herbs, and spices.

## Ingredients

- 16 ounces water
- 2 TBSP dried elderberries
- ¼ tsp cinnamon powder
- ½ tsp turmeric powder
- 1 tsp raw honey (optional)

1. Put water and elderberries into a small saucepan.
2. Add turmeric and cinnamon.
3. Bring to a boil, reduce heat, and simmer for about 15 minutes. This helps bring out the beneficial properties of the elderberries.
4. Remove from heat and let cool for about 5 minutes.
5. Finally, strain through a fine mesh strainer and pour into individual mugs.
6. Stir in raw honey if using.

## Notes:

For an iced tea, pour into a mason jar and allow to cool, then refrigerate for up to 1 week. Serve over ice if desired.

Berries can be kept in fridge for a few days and reused once more.