



A Healthy Winter Tea

- 2 parts elderberry, dried
- 2 parts rose petals, dried
- 1 part rose hips, dried
- 1 part powdered or chopped ginger, dried
- 1/2 part reishi powder
- 1/2 part yarrow, dried

* for a tea with more spice, increase the ginger - for a sweeter tea add more elderberries.

1. combine all ingredients and mix well.
2. transfer to a storage container, label, and keep in a cool, dark location.
3. scoop 3 tablespoons of the tea blend per strainer/ mug.
4. cover with 8 - 12 fluid ounces of freshly boiled water, let steep covered for 10 minutes
5. remove strainer, sweeten with honey or maple syrup and enjoy!

* this great recipe is from myatinylagumakitchen.com

