Immune Booster Blend

I make a quart of tea at a time, adding raw honey to taste and sip it throughout the day. Sipping on tea over an extended period of time is the best way to incorporate the medicinal properties into your system.
In the summer refrigerate for a refreshing drink or freeze in popsicle molds for a power packed popsicle!



HERBS

1 part elderberries
1 part hibiscus flowers
1 part nettles
1 part rosehips
¼ part ginger root

DIRECTIONS

Mix all the herbs together and keep stored in a container.