

# Elderberry Tea

**Makes 1 Serving**

Elderberry is the Herb of the Year for 2013. One of its medicinal properties is booting the immune system. This recipe uses dried elderberries.

## Ingredients

- 1 tsp dried elderberries (**discard after steeping**)
- 8 oz hot or boiling water
- 1 tea bag or 1 tsp of your favorite loose leaf tea

## Directions

1. Pour hot or boiling water in a cup.
2. Add dried elderberries in a diffuser to the cup.
3. Let steep for about 5 minutes.
4. Remove and discard elderberries and add your favorite tea bag of loose leaf tea (you may need to add a bit more hot or boiling water to heat up the water).
5. Steep tea for 3 minutes.
6. Remove tea.
7. Add a slice of lemon, if desired, and enjoy!



## Notes:

- **A word of caution:** most parts of the elderberry plant are poisonous EXCEPT for the dried flowers and cooked or dried berries. **Do not eat raw elderberries, raw flowers, stems, leaves, branches or roots of the elderberry plant.**
- **Since elderberry can boost the immune system, certain people should avoid consuming it. Do not consume elderberry if you:**
  - Are on immune-suppressive drugs.
  - Have an autoimmune condition like M.S., Lupus or Rheumatoid Arthritis.
  - Are pregnant or breastfeeding.
- Check with your healthcare provider if you have any concerns about elderberry.