

Elderberry Tea

Makes 1 Serving

Elderberry is the Herb of the Year for 2013. One of its medicinal properties is boosting 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



Photo By:
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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 or 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.