

Immune Tea

Makes 1 Quart

2 Tbl Elder Flower

2 Tbl Lemon Balm

1 Tbl Thyme

2 Tbl Hibiscus

1 tsp Turmeric (dried or fresh)

1 tsp Ginger (dried or fresh)

1 tsp Rose Hips

Add just under boiling water and steep for 15 minutes.