

# Super Healthy Tea Bombs

## INGREDIENTS

- 8 Lemons, peeled & cut in half
  - 1 cup chopped Ginger, skins removed
  - 4 tsp ground Turmeric
  - 6 Tbsp Honey (pref. raw or unpasteurized)
  - 1 cup Raspberries\*
  - 1 cup Elderberry syrup, optional - if you don't have the Elderberry syrup, replace it with other healthy juices or water. \*\*
- \*\*I purchase my Elderberry syrup locally from [www.soelderberrygood.ca](http://www.soelderberrygood.ca) in Canada (and .com in the U.S.)



## DIRECTIONS

1. Combine the lemons, ginger, turmeric & honey in a blender or food processor. Blend until smooth.
2. Pour mixture into a fine strainer placed over a large bowl or measuring cup. Use a spatula or large spoon to squish as much of the juice as you can out of the pulp.
3. Pour the juice into 1 ounce silicone ice cube trays and freeze. I added a little bit of the leftover pulp to each cube for the added health benefits, but if you want a clear tea then skip this step.
4. Discard the remaining pulp, or freeze into small cubes for adding into teas, smoothies, etc.
5. To serve, drop one frozen cube into a standard cup or mug and pour boiling water over top.
  - Makes about 18 x 1 ounce cubes (2 cups total)

### OPTIONAL

- Serve with lemons, limes or berries floating in it.

\*replace raspberries with blueberries, cranberries or other fruits/berries.

