

Herb Pharm Recipe

Black Elderberry Toddy



Black Elderberry glycerite has a **sweet, tart** and **fruity** taste.

One delicious way to boost immunity all winter long is to take **Elderberry Glycerite**.

Adding a bit of local **honey** plays up Black Elderberry's sweet side, while a squeeze of **lemon** offers a hint of sour tang.

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Ingredients

- 0.7 ml Herb Pharm Black Elderberry Alcohol-Free extract
- 1 organic lemon wedge
- ½ teaspoon local organic honey, or to taste
- 4 ounces warm (not boiling or steaming) filtered water

Instructions:

- Place the honey in the bottom of a mug.
- Carefully pour in the warm water, then stir until the honey has dissolved.
- Add the Black Elderberry, Alcohol-Free, then stir again.
- Squeeze the lemon wedge into the mug, and serve immediately.

