

BLUEBERRY LIME ELDERBERRY ELIXIR



A FUN & FRUITY way to
SUPPORT your immune system!

✦ INGREDIENTS ✦



1 Serving
MaryRuth's Organic
Elderberry Liquid Drops



1-2 Tbsp
Fresh Lime Juice



1/2 Cup
Blueberries



1 Cup
Sparkling Water



Fresh Mint
(For Garnish)



Lime Slices
(For Garnish)

✦ INSTRUCTIONS ✦

1. Add the Organic Elderberry Liquid Drops, lime juice, and blueberries to a glass.
2. Lightly mash with a muddler until some blueberries break and release their juices.
3. Top with ice and lime slices, then fill the rest of the glass with sparkling water.
4. Add mint leaves if desired, and enjoy!