



Harriet Herbery

ELDERBERRY TEA

INGREDIENTS

- 2 cups water
- 2tbsp dried elderberries
- 1/4tsp cinnamon
- 1/2tsp turmeric powder
- 1tsp honey (optional)

Procedure

- put water and elderberries in small saucepan
- add cinnamon and turmeric
- bring to boil
- reduce heat and simmer for 15 mins
- remove from heat and cool for approx 5 mins
- strain and pour into mugs
- stir in honey if required
- enjoy!!