SIDES & SNACKS

Elderberry Tea

Dried elderberries simmered with cinnamon and turmeric.

Ingredients

16 fl oz water

2 tbsp dried elderberries

¼ tsp ground cinnamon

½ tsp ground turmeric

1 tsp honey, optional

Directions

1. Combine the water, berries, turmeric, and cinnamon in a small saucepan.
2. Bring to a boil, then reduce the heat and simmer for about 15 minutes.
3. Remove from the heat and cool for about 5 minutes. Strain through a fine mesh strainer into mugs.
4. Stir in honey if desired. For iced tea, cool, refrigerate, and serve over ice.