

# Living and Lovin Herbs Podcast

## Immune Boosting Tea

Another great tea to make - its High C - Hibiscus isn't something that most grocery stores carry - so you may have to order it online.

- 1 part Hibiscus
- 1 part rosehips
- 1/2 part lemongrass or ginger root
- 1/2 part lemon peel
- 1/4 echinacea
- 1/4 part cinnamon chips

Mix herbs together in a large bowl and store in an airtight container.

2 teaspoons of the mixture in a cup of just-off-boil water. Let steep for 5 - 10 minutes. Add honey to taste.