



Boost your Immunity and Energy Tea

Ingredients

- 3 cups water
- 1 Tbsp organic rooibos tea
- 2 cinnamon sticks
- 10 black peppercorn
- 1” grated fresh ginger root
- 2 tsp fennel seeds
- 1 tsp licorice, cut and sifted
- Raw and unfiltered honey to taste



Directions

1. Simmer rooibos, cinnamon, black peppercorn, ginger, fennel seeds and licorice for 15 minutes
2. Strain
3. Add raw honey
4. Enjoy!