

Elderberry Elixir Mocktail

TOTAL TIME: 5 minutes

1/4 C elderberry syrup
1 † Turmeric Bliss tea, finely ground
1 C orange juice

1/2 C sparkling water
Ice cubes

MIX INGREDIENTS: In a glass, combine elderberry syrup, Turmeric Bliss tea, and orange juice. Stir well.

ADD SPARKLING WATER: Top with sparkling water and add ice cubes. Stir gently and serve.

NOTE: Elderberry syrup can be found at health food stores, pharmacies, or online retailers like Amazon.

ORIGIN: This mocktail is inspired by traditional immune-boosting drinks, combining elderberry syrup with other healthful ingredients.