

Immune Boosting Popsicles

When cold & flu season are upon us, immune boosters are a top priority!

Supplies

1 Set Ice Pop Molds

Hand Juicer

Ingredients

1 Heaping Tsp. each:

Hibiscus, Lavender, Elderflower & Moringa

1/4C Raw Honey

1/2C Freshly Squeezed Lemon Juice

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Directions

ADULT: Brew tea leaves all together. Let seep about 10-15 minutes. Once mixture is cooled your child can safely prepare the ice pops.

CHILD: Squeeze lemon juice, mix with tea and honey.

Carefully pour into ice pop molds.

Freeze 1—2 hours, until completely set or serve as chilled tea straight from your fridge.

No need to wait!

Enjoy!

Happy Cooking! Happy Eating!

More recipes at: www.whiskingapples.com

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