

Annie's Relaxing Elderflower Tea

Stunning as a winter morning's de-tox, or great before bed for a relaxing night's sleep.

For those who like fresh ginger, pour boiling water over grated or thinly sliced ginger in a plunger pot or a cup, allow to cool a moment or two (to maximise the herbal benefits of the elderflower) and then add ASHBOLT elderflower concentrate and perhaps a slice of lemon / lime to the cup.

NOTE: Some people add Elderflower concentrate to 'freshen' the flavour of fruit-based tea bags and to extend the concentrate a little further.

Add gin or vodka, if desired, for a relaxing toddy.