

# *Immunity Wellness Tea*

## *ingredients*

- Water
- 2 tea bag of echinacea
- 2-3 slices of orange
- Thyme
- Ginger
- Turmeric



# INSTRUCTIONS

## INGREDIENT MIX

1. Combine all the spices together.

Turmeric  
Thyme  
Ginger  
Orange slices  
Tea bag

## IMMUNITY WELLNESS TEA

1. Be ready. Mix spices, chop all ingredients and have them handy to simply add when it's time.

2. Use deep pan add water, then add ingredients altogether. Let it boil with all ingredients in pan. Once boiled transfer tea mixture to French press. Let sit and diffuse, keep sipping throughout the day.