

## HONEY, CEDAR, BLUEBERRY TEA

*Serve warm or cold*

### Ingredients:

- 4 cups fresh cedar boughs, loosely packed and rinsed
- 1 gallon of water
- 1 cup honey
- 1 cup blueberries

### Directions:

- Place all ingredients in a pot and simmer for 30 minutes.
- Strain.
- Serve hot or cool

Photo and recipe by Lucy Grignon, Ancient Roots Homestead



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### Keeping up with our Traditions

*Cedar, it's more than just a tree. It is one of the four medicines that have been woven intricately into our way of life. It symbolizes purification, healing, strength and resilience.*

*Cedar tea and honey are often used for treating coughs, colds and congestion as well as rheumatic conditions that cause inflammation and swelling.*

*Cedar tea has antiviral, antioxidants and anti-inflammatory health benefits.*

*Add a squeeze of lemon in for an extra boost!*

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