

Goji Berry Tea

Ingredients

- 1 tablespoon dried goji berries
- 1 cup hot water
- Optional: add jujube or chrysanthemum flowers

Instructions

1. Rinse goji berries.
2. Place them in a cup.
3. Pour hot water (not boiling) over the berries.
4. Steep 5–7 minutes until berries soften.
5. Drink the tea and eat the berries.

Benefits

- Rich in antioxidants (supports eye and skin health).
- Boosts immune function.
- Gentle energy tonic.

Warnings

- Can interact with blood thinners (warfarin).
- Diabetics should monitor sugar levels.

- Always ask your doctor if you have blood pressure issues.