

## **Hawthorn Berry Tea**

Hawthorn berries are well known for their cholesterol lowering properties. If your cholesterol level is creeping up, try drinking a cup of this tea daily for a month, then have it tested again. You may be pleasantly surprised!

¼ cup hawthorn berries (available at Chinese herb shops)  
3 cups water

Place the berries and water in a non-reactive saucepan. Bring to a boil, then reduce heat and simmer for 15-20 minutes until the liquid is reduced by about 1/3. Cool to room temperature and enjoy.

This tea tends to be a bit sour, so add honey to taste if you prefer a sweeter flavor.