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## Echinacea/Golden Sea Tea

By Donna Green Goodman

### Ingredients

- 4 cups of water
- 2 echinacea teabags
- 2 goldenseal teabags
- lemon and honey to taste

### Instructions

1. Boil 4 cups of water.
2. Add 2 echinacea teabags and 2 goldenseal teabags.
3. Remove from heat source and let steep for about 5 minutes.
4. Add lemon and honey to taste.
5. Enjoy!