

## Cranberry - Echinacea Tincture

Use a quart-size (32 oz.) Mason Jar:

(ingredient measurements are approximate)

Fill jar approx 1/2-full with cranberries.  
Use a wooden spoon to slightly mash the berries  
to allow absorption.

Add:

1/4-cup dried echinacea root

1/4-cup ginger root, sliced

2 to 4 cinnamon sticks

Cover with vodka or glycerin.

Leave 2-3 inches of space to add honey..

Cover with wax or parchment paper.

Tighten seal and ring.

Store in dry, dark space for six weeks.

Shake gently every few days to mix.

In six weeks, strain the ingredients and  
pour the tincture into a glass jar.

DOSE: One dropper full (or 1 tsp) daily.

This natural cranberry tincture has immune-  
boosting properties and tastes wonderful.



Molly Jo Realy

