

CRANBERRY TEA

8 oz bag fresh or frozen cranberries

Bring to a boil and allow to pop open

Strain out berries after they soak for at least ½ hour

Add enough water to make ½ gallon tea

Add approximately ¼ - ½ cup of Stevia or Monk Fruit Sweetener (*such as Whole Earth*). Do not use other types of zero calorie sweeteners.

Drink 1-2 8 oz glasses daily to keep urinary tract infections at bay.

Be sure to drink plenty of other liquids as well!