

## Brewing Twinings Defence (Elderberry and Blackcurrant)

From the Teas.co.uk wiki

Twinings Defence is a caffeine-free berry herbal: elderberry up front, tart blackcurrant through the middle, with hibiscus, rosehip and a little ginger rounding it off. Being herbal, give it a full five minute steep in just-boiled water to pull out the rich colour and the fruit.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Defence (Elderberry and Blackcurrant) recipe. Canonical: <https://teas.co.uk/recipes/fruit-tea/brewing-twinings-defence-elderberry-and-blackcurrant/>*

Makes one cup. No milk needed; a little honey if you want to soften the tartness.

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