



Goji Berry Tea

- Place 6 tablespoons berries in a quart jar and fill it to the top with boiling water.
- Screw lid on and let sit for thirty minutes.
- Strain off water from berries and chill.
- Serve warm or cold.
- You can drink this by itself or the use liquid as a sweet addition to any tea or smoothie.
- Use the left over goji berries in a smoothie or dressing.

Nutritional Information

Goji berries are actually a complete source of protein—including 19 amino acids and all 8 essential amino acids. What this means is that consuming them is a great way to add protein to your daily snacks or morning smoothies.

- Goji berries contain 2-4 times the amount of antioxidants found in blueberries!
- The goji berry has anti-inflammatory properties.
- Goji berries are a great digestive aid—they draw the digestive juices into the stomach and intestines.