

ELDERBERRY SYRUP

Ingredients:

- 2 cups dried organic elderberries
- 4 cups distilled or purified water
- 2-3 tsp dried organic ginger root
- 1 organic cinnamon stick
- Raw unfiltered local honey
- 1-2 star anise (optional)
- 1-2 tsp organic cloves (optional)
- 1 cup of vodka or brandy
(optional to increase shelf life)



Instructions:

1. Combine berries and herbs with water in pot and bring to boil.
2. Reduce heat to simmer and let simmer for 20-40 minutes.
3. Remove from heat and let steep for 1 hour.
4. Strain berries and herbs from liquid and press or squeeze juice from berries.
Be careful if still hot. Discard or compost berries and herbs.
5. Once juice is still slightly warm, add honey. Honey should be at minimum a 1:1 ratio. If you get 2 cups liquid, add at minimum 2 cups honey and stir.
6. Add 1 cup alcohol if you desire to extend shelf life.
7. Store in refrigerator. Good for up to 2-3 months without alcohol. For even longer storage, try freezing small portions in ice trays.

How to take:

Take 1- 2 tablespoons as needed or daily during cold and flu season.

Benefits of elderberry syrup:

<https://www.healthline.com/nutrition/elderberry>