

# MAMA'S ELDERBERRY SYRUP

By Kourtney T.

PREPPING TIME: 5 MIN

COOKING TIME: 1 HOUR

## INGREDIENTS

1 cup dried elderberries	Large pot
4 cups filtered water	Spoon
1 Large piece of peeled ginger	Fine mesh strainer
3 Cinnamon sticks	Bowl
1 sliced lemon *optional	Mason jar
1 tablespoon turmeric	
Honey (local & unfiltered)	



## DIRECTIONS

1. In a large pot, combine the elderberries, water, ginger, lemon, cinnamon sticks, and turmeric.
  2. Bring to a boil.
  3. Reduce the heat to low and let simmer for about 45 minutes, or until the liquid has reduced by half.
  4. Remove from heat and let cool for a few minutes. Strain the mixture through a fine-mesh strainer into a bowl or jar, let the liquid cool to room temperature.
  5. Stir in the honey until completely dissolved.
  6. Transfer the syrup to a mason jar or bottle and store in the refrigerator for up to 3-4 weeks. adults may take 1 tablespoon (15 mL) of elderberry syrup per day, while children over the age of 1 year may take 1/2 to 1 teaspoon.
- Always consult your healthcare provider before ingesting new substances.