



# Elderberry *Syrup*

## Ingredients

- 2/3 Cup Dried Black Elderberries (about 3 ounces)
- 3.5 Cups of Water
- 2 Tablespoons Fresh or Dried Ginger Root
- 1 Teaspoon Cinnamon Powder
- 1/2 Teaspoon Cloves or Clove Powder
- 1 Cup Raw Honey

## Directions

- Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey!)
- Bring to a boil and then cover and reduce to a simmer for 45-60 minutes, or until the liquid has reduced by almost half. Remove from heat and let cool enough to be handled. Carefully mash the berries using a spoon or other flat utensil. Pour through a strainer into a glass jar or bowl.
- Discard the elderberries. Let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well.
- When honey is well mixed into the elderberry mixture, pour into a 16-ounce glass bottle.
- Store in the fridge and take daily for its immune boosting properties.

### ***Standard Dose***

Children: ½-1 tsp    Adults: ½-1 tbsp

If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappears.

