Elderberry Syrup



INGREDIENTS

- 2 cups dried elderberries (4 cups if using fresh berries)
- 4 cups distilled water
- 1 cup raw honey (or sweetener of choice)
- Optional: ginger, cloves, cinnamon, orange, vanilla, etc.

DIRECTIONS

Combine berries and water in a pot, bring to a boil. Reduce to a simmer, cover and simmer for 30-40 minutes. Remove from heat and steep for 1 hour. Strain. Let cool to just below 100 degrees. Stir in honey until dissolved. Bottle and refrigerate.

Dosage:
Typical dosage: 1-2 teaspoons every morning during cold and flu season. 1-2 tablespoons several times a day if sick. This can also be used as a syrup on breakfast foods, toppings on sweet treats or a sweetener for teas, drinks, and smoothies.



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