

Elderberry Syrup

This simple syrup will help keep your family healthy year round!! I always order my dried elderberries from Amazon, it's best to stock up prior to cold and flu season as the price does go up during that time. You can also make a double or triple batch and freeze the extra for use later. I try to keep the syrup in the fridge for no more than a month.

Ingredients:

- *2/3 cup Dried Organic Elderberries*
- *3 1/2 cups water*
- *2 Tbsp Ginger Root (optional, I leave it out)*
- *1 Tsp Organic Cinnamon Powder*
- *1/2 Tsp Organic Cloves or Clove Powder*
- *1 cup Local Raw Honey*

Steps:

- Place first 5 ingredients into a saucepan
- Bring to a boil, then cover and reduce heat. Simmer 45-60 minutes until reduced almost by half.
- Remove from heat and let cool
- Gently mash berries
- Pour through a strainer or cheesecloth
- Let cool to lukewarm and add honey.

Adults take 1/2-1 Tbsp every weekday

Kids take 1/2-1 Tsp every weekday

When sick, take every 2-3 hours