



Homemade Elderberry Syrup

Anti-viral and immune boosting, elderberries are powerful anti-oxidants and contain tons of vitamins and minerals. This is an excellent alternative to cough syrup, especially for kids as it tastes great!

Ingredients:

- 2/3 cup dried elderberries
- 3 + 1/2 cups water
- 2 tbsp. freshly grated ginger root
- 1 tsp cinnamon powder
- 1/2 tsp clove powder
- 1 cup raw, local, organic honey
- A large mason jar (2L)

How to make:

1. Pour water into a medium saucepan and add everything BUT the honey.
2. Bring to a boil, then cover and simmer for 45-60 minutes. You'll know its done when the liquid has reduced by about half.
3. Remove from heat and cool to lukewarm
4. Strain into a glass bowl
5. Add honey and stir
6. Pour into a large mason jar or other glass bottle

If you store the syrup in your fridge, it will last for several months

The typical dose for kids is 1/2-1 tsp for children, and 1/2-1tbsp for adults, once per day to help prevent colds and flus. If you're sick, it can be safely taken every 2-3 hours at the dosages above.

Enjoy!