



50 servings



minutes

elderberry syrup

ingredients:

- 2 cups dried elderberries
- 4 cups pure water
- 6 tsp fresh grated ginger
- 1 cinnamon stick
- 1 cup raw local honey
- 1 cup brandy (optional for preservation)
- optional ingredients:
 - vanilla
 - cardamom
 - anise
 - clove
 - peppercorns
 - orange zest
 - rose hips
 - pine needles

instructions:

1. Combine elderberries, ginger, cinnamon and water in pot (and other ingredients, if using) and bring to boil.
2. Reduce heat and allow to simmer for 30 minutes.
3. Remove from heat and let steep for 1 hour, uncovered.
4. Strain berries and spices using cheesecloth or nut milk bag.
5. Compost berries and spices or make a tea!
6. Add honey to liquid and stir to incorporate.
7. Add brandy, if using.
8. Bottle in a clear jar, label, and store in fridge if not using brandy.
9. Drink a teaspoon or two daily during the winter months for prevention. If you're feeling icky, take a teaspoon every hour or two.

the cuisine of health

- Elderberries are the most famous go-to for colds and flu...
 - quiets and quells cold and flu symptoms
 - prevents and addresses upper respiratory infections
 - shortens length of sickness
 - enhances immune function
 - loosens and expels congestion in lungs