

Easy Elderberry Syrup – small batch

Great Cold and Flu Remedy that children love!

Ingredients:

½ cup Organic, dried elderberries
3 cups Filtered Water
1 teaspoon Organic Cinnamon
1 teaspoon Organic Ginger
½ teaspoon Organic Cloves (I use whole cloves)
¾ cups Raw, local honey (or date syrup for babies under 1)
Optional: add 1/4 cup of Rosehips for extra vitamin C boost

Directions:

Place dried elderberries, spices, (optional) rosehips and filtered water into a medium saucepan. Bring to a boil, reduce heat, cover and simmer on medium-low heat for 30 minutes. Mash the elderberries to release any extra juices. Strain the mixture into a glass bowl using a cheesecloth lined strainer. Allow the mixture to cool to room temperature. Gently stir in the raw honey (or date syrup) and mix thoroughly. Store and label in small glass jars, preferable amber jars. These jars will keep many months in a cool, dark pantry or refrigerator! We keep ours in the fridge.

Easy Elderberry Syrup – bulk batch

*Great Cold and Flu Remedy that children love!
(makes about 2.5 quarts)*

Ingredients:

2 cups Organic, dried elderberries
3 quarts Filtered Water
2 Tablespoons Organic Cinnamon
2 Tablespoons Organic Ginger
2 Tablespoons Organic Cloves (I use whole cloves)
3-4 cups Raw, local honey (or date syrup for kids under 1)
Optional: Add 1 cup organic rosehips for added vitamin C

Directions:

Place dried elderberries, spices, (optional) rosehips, and filtered water into a large pot. Bring to a boil, reduce heat, cover and simmer on medium-low heat for 30 minutes. Mash the elderberries to release any extra juices. Strain the mixture into a glass bowl using a cheesecloth lined strainer. Allow the mixture to cool to room temperature. Gently stir in the raw honey (or date syrup) and mix thoroughly. Store and label in small glass jars, preferable amber jars. These jars will keep many months in a cool, dark pantry or refrigerator! We keep ours in the fridge.