

Free Flow Botanicals

ELDERBERRY IMMUNITY TONIC

A Classic Remedy for Cold & Flu Season



INGREDIENTS

- 4 cups dried elderberries (or 8 cups fresh elderberries)
- 16 cups purified or distilled water
- 4 pieces fresh ginger, smashed (about 1 inch each)
- 0.5 cup dried rose petals
- Honey (raw preferred)
- High proof alcohol (e.g. brandy, vodka)
- Optional: 0.25 cup astragalus root, 3-4 Reishi mushroom slices

Note: You can add or swap different herbs and ingredients, including dried orange peel, a cinnamon stick, or dried cloves.

PREP TIME

- Prep | 10 m
- Cook | 5-6 hours
- Ready in | 7-8 hours

DIRECTIONS

- Combine all ingredients except honey and brandy in a large pot.
- Bring to a slow boil, then reduce to low heat while stirring occasionally.
- Decoct or simmer until liquid has reduced to about half the original volume.
- Turn off heat and allow mixture to cool to a warm temperature (i.e. warm to the touch).
- Using a fine mesh strainer, strain out the liquid well, making sure to remove as much liquid from herbal mixture as possible.
- Discard or compost used herbal mixture.
- Measure volume of mixture and add honey at a 1:4 ratio of honey to sweeten. For example, add 2 cups of honey to 8 cups of mixture. Note: raw honey should never be added to a hot mixture, as this will degrade its beneficial enzymes.
- Measure final volume of mixture with honey
- Add 1 fl oz alcohol for every cup of mixture to preserve (e.g. 8 fl oz brandy to 8 cups of mixture).
- Label, bottle, and store in the fridge for up to 12 months.
- To use: adults, take 1 tablespoon per day to keep immune system strong, or 2-4 tablespoons a few times daily at the first onset of sickness (i.e. colds or flu).

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Note: this immunity tonic is safe for most individuals, but should not be given to children under one year old, or women who are pregnant or nursing. When in doubt, always consult with a trained herbalist or health practitioner before taking or giving children any herbal remedies. This information has not been evaluated by the Food and Drug Administration and is provided for educational purposes only.