



Harriet Herbery

ELDERBERRY SYRUP WITH ROSE HIPS & ASTRAGALUS

INGREDIENTS

- 1/2 cup dried elderberries
- 1/4 cup dried rose hips
- 1/4 cup dried astragalus root
- juice 1 small lemon
- 3 cups water
- 1 cup honey

Procedure

- combine in a small saucepan - water, elderberries, astragalus root & rose hips
- bring to a simmer over medium heat
- leave to simmer for 30 - 60 mins
- the liquid should have reduced by almost half
- remove from heat and let cool enough to handle
- mash berries, root & rosehips
- strain liquid into glass jar or bowl
- discard berries, root & rosehips (great for compost)
- let liquid cool until lukewarm
- stir in honey and lemon juice
- store in glass / mason jar in the fridge
- take daily to boost immune system - 1/2tsp to 1tsp for kids & 1/2tbsp to 1tbsp for adults
- or take 2-3 hourly if you have a cold or the flu until symptoms disappear