



Harriet Herbery

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# ELDERBERRY SYRUP

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## Ingredients

- 1 cup black elderberries
- 3½ cups of water
- 2 Tablespoons fresh or dried ginger root
- 1 -2 cinnamon sticks
- ½ teaspoon cloves
- 1 cup raw honey (I get mine from my local beekeeper)

# Procedure

- Pour the water into a saucepan and add elderberries, ginger, cinnamon and cloves
- Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half.
- Remove from the heat and let the liquid cool enough so you can handle it.
- Mash the berries using a wooden spoon or other flat utensil. Pour through a strainer into a glass jar or bowl.
- Discard the elderberries (we compost them) and let the liquid cool to lukewarm.
- When it's cooled down, add 1 cup of honey and stir well.
- When honey is well mixed into the mixture, pour the syrup into a mason jar and screw on the lid.
- Store in the fridge and take daily for its immune boosting properties.
- Standard dose is ½ tsp to 1 tsp for kids and ½ Tbsp to 1 Tbsp for adults.

If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.