

Homemade Elderberry Syrup



- Ingredients:
- 2/3 cup dried elderberries
- 3 1/2 cups of water
- 2 Tbsp fresh or dried ginger root
- 1 tsp cinnamon powder
- 1/2 tsp whole cloves or clove powder
- 1 cup raw honey

Directions:

- Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey yet, because the heat will destroy many of its medicinal benefits)
- Bring to a boil and then cover (with the lid slightly cracked so steam can come out as it reduces) and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half.
- At that point, remove from heat and let cool enough to be handled
- Pour through a strainer into a glass bowl
- Discard the elderberries and let the liquid cool to lukewarm
- When it is no longer hot, add 1 cup of honey and stir well
- Pour into sterile glass jars, let cool and store in the refrigerator.
- Dosage is about 1 tbsp for adults and 1 tsp for children.

(Recipe from realfoodrn.com)