

Instant Pot Elderberry Syrup



Ingredients:

- 1/2 cup organic dried elderberries
- 1/2 cup organic dried wolfberries
- 4 cups filtered water
- 1 cup raw honey
- 1 drop of Lemon Vitality Oil
- 1 drop of Orange Vitality or Plus Oil
- 1 drop of Thieves Vitality or Plus Oil
- 1 drop Copaiba Vitality or Plus Oil

Directions

This recipe yields 3 cups Elderberry /Wolfberry Antioxidant Super Syrup and takes about 45 minutes to prep and make using an Instant Pot.

You can also make this on the stove and that would take about 4 hours.

- Add the wolfberries and elderberries and filtered water to your Instant Pot. Pop the top on, seal and cook for 7 minutes. Allow for the natural release method and wait for another 15 minutes to open the lid.
- Strain the liquid out through a strainer into a glass pitcher (yield at this stage is around 4 cups of liquid).
- Pour the strained liquid back into the Instant Pot and hit the Sauté button. The liquid will come to a roaring boil. Reduce down by half. This process should take about 15-20 minutes. The yield should be about 2 cups.
- Pour out the liquid into a glass container and add in the raw honey. Mix together with the raw honey and stir until it is all incorporated. Yield should now be about 3 cups. Add the oils and stir to incorporate.
- Pour into a bottle or jar and store in the fridge (will stay good for many months. To make it last longer replace half the honey with brandy instead).
- (You may replace the dried wolfberries with elderberries to equal one cup of elderberries.) (Vitality essential oils in the USA, Plus + oils in Canada)