



ELDERBERRY SYRUP

Elderberries have been used by many different cultures for centuries, celebrated for their healing properties, and most often used to prevent and treat the symptoms of the common cold and flu.

While you can easily buy good quality elderberry syrup, it is usually more affordable to make your own. It's also really easy and fun! You can use dried or fresh elderberries. If using fresh, remove from stems and use half of the water listed in the recipe. There is a lot of flexibility when making elderberry syrup, in terms of additional herbs, sweetness level, and whether or not you like it with apple cider vinegar added in. Experiment to see which way your family likes it best!

Ingredients

- 1 cup dried elderberries
- 4 cups filtered water
- 4 quarter-inch slices of fresh ginger
- 2 cinnamon sticks
- 3 cloves
- 1 cup raw honey or maple syrup (to taste)
- 1/4-1/2 cup apple cider vinegar (optional)

Alternate Ingredients

- 1 cup dried elderberries
- 4 cups filtered water
- 4 quarter-inch slices of fresh ginger
- 1/2 cup fresh thyme or 1/4 cup dried
- 1 cup raw honey or maple syrup (to taste)
- 1/4-1/2 cup apple cider vinegar (optional)

Directions

- Add all ingredients except for the honey/maple syrup and apple cider vinegar into a medium saucepan.
- Bring to a boil, and then lower heat to medium.
- Continue simmering for 30-45 minutes, until the liquid is reduced to half.
- Strain it through a fine mesh strainer.
- Mix in the raw honey or maple syrup, and apple cider vinegar, if using.
- Store in a jar in the fridge for a few weeks. For longer storage, freeze into ice cube trays to defrost for later use.

Instant Pot/Pressure Cooker

Place all ingredients except honey/maple syrup and apple cider vinegar into pot, seal lid, and set manually for 9 minutes on high pressure. Vent pressure and strain. Mix in the honey/maple syrup, and apple cider vinegar, if using.

Maintenance Dose: 1/2- 1 tsp for kids and 1 tablespoon for adults, taken daily.

At first signs of cold or flu, take the maintenance dose every 2-3 hours until symptoms disappear.