



# Elderberry Syrup Recipe



## Ingredients

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$\frac{3}{4}$ cup dried elderberries	1 teaspoon cloves
3 cups water	1 tablespoon ginger
1 teaspoon cinnamon	1 cup honey

## Directions

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1. In a large pot, bring the elderberries, water, cinnamon, cloves, and ginger to a boil.
2. Reduce the heat to low, cover, and simmer until the liquid has reduced by half, about 40-45 minutes.
3. Allow the liquid to cool, and then drain the liquid using a fine mesh strainer or cheese cloth.
4. Press all liquid out of the berries using the back of a wooden spoon.
5. Add the raw honey and mix well.
6. Store in an airtight glass container (mason jar) in the refrigerator for up to two months.