



Naturally Wholistic
WELLNESS

Elderberry Syrup

Ingredients

- 4 cups filtered water
- 1 cup dried elderberries
- 3 tbsp fresh ginger root, chopped
- 3 sticks cinnamon
- 3 whole cloves
- 1.5 cups raw honey

Directions

- In a medium covered stockpot, bring the water, berries, ginger, and cinnamon sticks to a boil.
- Reduce heat and simmer until the liquid is reduced by half (approximately 30-60 minutes).
- Allow the mixture to cool enough to be able to handle.
- Strain the herbs and return the liquid to the pot.
- Making sure that the mixture is not hotter than 105 degrees, add honey and stir to dissolve.
- Pour the syrup into glass jars, label, date, and refrigerate.



Suggested Usage

- Adults maintenance dosing - take 1 tablespoon up to 3x/day
- Children maintenance dosing - take 1 teaspoon up to 3x/day
- At onset of illness, take 1 teaspoon - 1 tablespoon every 60 minutes for immune stimulation and to interfere with virus replication.

Shelf Life:

Refrigerate and use within 1-2 months,