



Elderberry Syrup



2 oz dried Elderberries

1 quart water

1 ½ cups honey (for children under 2, substitute with Maple syrup or Agave)

In a covered saucepan, bring elderberries to a boil then reduce heat and allow to simmer for approximately 30 minutes. Strain and add honey or sweetener.

Store in a glass container and keep refrigerated for up to 3 months.

Adults take up to 3 teaspoons daily; children ½ - 1 teaspoon. You can also stir Elderberry syrup in your favorite herbal tea for a sweet, therapeutic boost.

VARIATION: Maximize Elderberry's therapeutic properties and add Rose Hips, Echinacea and Ginger.