

Elderberry Syrup



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- 3 cups of water
- 1/2 cup of dried elderberries
- 4-2 1/2" cinnamon sticks
- 1 Tbs. whole allspice
- 1 tsp. whole cloves
- 12 oz. of raw honey

Add the first five ingredients to a small saucepan and simmer on medium-low for 15-20 minutes. Cool to room temperature.

In a jar with a tight fitting lid, add the raw honey. Strain the elderberry and spice liquid into the mason jar. Discard berries and spices (or compost or feed to chickens if you have them). Put the lid on tight onto the jar and shake well to mix the elderberry liquid and honey. Store in the refrigerator. Tastes best served cold. Take 2 oz. a day for adult, 1 oz. per day for child over age 2.