



# Elderberry Syrup

## Ingredients:

- 3/4 cup dried **elderberries**
- 3 cups **water**
- 1 teaspoon dried **cinnamon** or 1 cinnamon stick
- 4 whole cloves or 1 drop clove essential oil
- 1 tablespoon fresh **ginger** or 1 drop ginger essential oil
- 1 cup of manuka honey or raw **honey**

## Procedure:

- Bring the dried elderberries, water, cinnamon, cloves, and ginger to a **boil in a large pot**.
- Reduce heat and cover, **simmer** until the liquid has reduced by half, takes about 40-45 minutes.
- Let liquid to **cool and then drain**.
- With the back of a wooden spoon **press all liquid out** of the berries.
- Add the **manuka honey** and mix well.
- You can **store up to** two months in an airtight glass container in the refrigerator.



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