

SIMPLE SPICED ELDERBERRY SYRUP



Tags: [Fall](#), [Winter](#)

Prep Time: 5 Min

Cook Time: 30 Min

Serves: Makes 2 Cups

Directions:

1. Place dried elderberries, spices, and water in a medium saucepan, bring to a boil, then reduce heat and simmer on medium-low for 30 minutes.
2. Mash the elderberries with a potato masher to release any remaining juice.
3. Strain the mixture into a bowl using a fine strainer or cheesecloth.
4. When the liquid has come to room temperature, gently stir in the raw honey, essential oils if using and mix thoroughly.
5. Immediately transfer to small, 8-12 oz glass bottles (mason or weck jars work great if you have them).
6. This elixir can be kept in a cool, dark cabinet.

Ingredients:

3/4 cup dried elderberries

4 cups filtered water

1/2 cup raw honey

2 cinnamon sticks

4 whole cloves or 1 drop of clove vitality essential oil

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2-inch piece of ginger root, peeled
2 drops of thieves vitality essential oil

Elderberry Syrup is an age-old remedy that is rich in vitamin C, antioxidants and useful for both preventing and fighting viruses like the flu and common cold. For adults, take 1 Tbls daily for prevention throughout the cold + flu season, or up to 3-4 Tbls if experiencing illness or feeling something coming on.

This is also wonderful served over pancakes or oatmeal and is safe for children over age 1 starting at a 1 tsp/day.