



# Paola's Best Ever Elderberry Syrup Recipe



## Ingredients:

- 1 cup dried organic elderberries (or 2 cups fresh)
- 4 cups filtered water
- 1 cup raw honey (or maple syrup for infants under 1)
- 1 cinnamon stick
- 5 whole cloves
- 1 tsp dried ginger root (or a 2-inch knob fresh, sliced)
- Optional: zest of 1 organic lemon or orange

## Preparation:

Combine elderberries, water, and spices (except honey) in a saucepan.

Bring to a boil, then reduce heat and simmer uncovered 45 minutes, until liquid reduces by about half.

Mash the berries gently with the back of a spoon to release the goodness.

Strain through a fine mesh sieve or cheesecloth.

Let liquid cool to just warm, then stir in honey.

Bottle in a glass jar and refrigerate up to 2 months.

## Serving Suggestion:

1 teaspoon daily for children, 1 tablespoon for adults for immune support.