

Elderberry Syrup



A very old traditional recipe, homemade elderberry syrup is used to help with those who have a cold, a harsh cough and mild cases of the flu. It is an excellent preventive treatment plan to use the winter season and helpful to the immune system.

INGREDIENTS:

- 2 Cups of Fresh (or dried) Elderberries
- 1-2 Cups of Water
- Honey

COOKING INSTRUCTIONS:

- ❖ Using medium saucepan on range top, add elderberries and water
- ❖ Slowly heat saucepan on medium to low heat
- ❖ Gently, mash the elderberries to help extract the juice
- ❖ Reduce heat and simmer for 20 minutes
- ❖ Remove from heat
- ❖ Using a cheesecloth, strain the berries from the liquid
- ❖ Measure the remaining liquid
- ❖ Add an equal amount of honey to the liquid
- ❖ Cool to taste

NUTRITIONAL INFORMATION:

- ✓ High in Vitamin C
- ✓ Flavonoids Antioxidants
- ✓ Vitamin A
- ✓ B-Complex Vitamins