



## WILD FORAGED ELDERBERRY SYRUP



### INGREDIENTS

**6 cups Fresh Elderberries**

**1 cup Organic Alcohol**

I used Lychee

**3 cups Spring or Distilled Water**

**1 Cinnamon Stick**

**1 Ginger Root (medium-sized)**

**2 cups Honey**

raw is preferred

**Large Pot for boiling**

**Cheesecloth or Metal Strainer**

**Mason Jars or Bottles for storing**

**Labels**

### PREPARATION

- 1 Remove stems and any unripe Elderberries
- 2 Add Elderberries, Cinnamon, Ginger, and Water to a Large Pot and bring to a boil, then simmer for 1 hour
- 3 Let sit and cool for an additional hour
- 4 Strain out all solids, leaving the liquid
- 5 Stir in Honey and Organic Spirits into liquid
- 6 Sterilize Mason Jars and Bottles using boiling water (careful!)
- 7 Pour your finished syrup into jars or bottles and cap them tightly
- 8 Add Labels with the date

**Take a teaspoon of syrup every day during the cold season to help strengthen immunity and get a dose of Vitamin C!**