

Living and Lovin Herbs Podcast

The Herbal Academy's Quick and Simple Elderberry Cold Syrup

1 cup dried elderberries
6 cups water
1/4 ounce ginger
Handful of cloves
1 1/2 cups raw honey

Directions

Bring berries and water to a boil and then simmer for 30 minutes.

Strain berries and return liquid to the heat.

Add 1/4 ounce grated ginger and a handful of cloves.

Simmer gently for another 45-60 minutes, or until 2-3 cups of liquid remains.

Remove liquid from the heat, allow to cool to room temp.

Stir in 1 1/2 cups of raw honey.

Bottle, label, and refrigerate.

Suggested Use:

Take 2 teaspoons every 3 hours at the first sign of a virus invasion.