

A simple natural remedy with a big nutritional punch. Keep this on hand during cold and flu season to ward off illness.

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Ingredients

- $\frac{2}{3}$ cup [black elderberries](#)
- 3.5 cups of water
- 2 T fresh or dried ginger root
- 1 tsp [cinnamon powder](#)
- $\frac{1}{2}$ tsp cloves or clove powder
- 1 cup raw honey (we get from our farmer's market)

Instructions

1. Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey!)
2. Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half. At that point, remove from heat and let cool enough to be handled. Pour through a strainer into a glass jar or bowl.
3. Discard the elderberries (or compost them!) and let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well.
4. When honey is well mixed into the elderberry mixture, pour the syrup into a pint sized mason jar or 16 ounce glass bottle of some kind.
5. Ta Da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties. You can freeze jars of this (leave 2 inches space at top for expansion) and pull out a jar
6. Standard dose is $\frac{1}{2}$ tsp to 1 tsp for kids and $\frac{1}{2}$ Tbsp to 1 Tbsp for adults every 2-3 hours until symptoms disappear.