



## INGREDIENTS

3/4 cup dried elderberries  
3 cups water  
1 cup raw honey

### Optional:

1 teaspoon dried cinnamon  
1 teaspoon dried cloves  
1 tablespoon fresh ginger  
1/2 juiced lemon  
Other herbs like echinacea

In a large pot, bring the elderberries, water, and optional herbs or spices to a boil.

Reduce the heat, cover, and simmer until the liquid has reduced by half, about 40-45 minutes.

Allow the liquid to cool, and then drain the liquid using a fine strainer or cheese cloth.

Press all liquid out of the berries using the back of a wooden spoon.

Add the raw honey, out over low heat and mix until combined.

Store in an airtight glass container in the refrigerator for up to two months. Syrup can be made thicker as desired.

MILK MINUTE

Podcast