

ELDERBERRY SYRUP

Elderberries are known for their cold and flu-fighting properties. Elderberry syrup is also indicated for cough, congestion, and raw or sore throat.

Ingredients

½ cup dried elderberries
3 ½ cups distilled water

1 cup raw honey
2 tsp. lemon juice

Directions

1. Heat the berries and water to a low boil, then reduce heat to a simmer for 45 minutes.
 2. Remove from heat and stir in honey and lemon juice. Let cool.
 3. Line a strainer with a piece of t-shirt material, then pour the syrup and berries through the t-shirt and strainer into a large measuring cup. Twist and squeeze the t-shirt to remove as much juice as possible. Add a little distilled water to bring to 4 totals cups.
 4. Pour into bottles. Label with the name of the remedy, dosage, and date the remedy was made.
- Makes 32 oz.

Directions

5. Store in the refrigerator 2-3 months.

*To store at room temperature for future use, after step 3, reheat until just under boiling, then pour into hot sterilized bottles.

Dosage:

For illness: Adults take 1 tsp. every 3 hours. Children 6 and under, take ½ tsp. every 3 hours.

For maintainance: Adults take 1 tsp. daily. Children 6 and under, take ½ tsp daily.

Safety Considerations: According to Medical Herbalism, by David Hoffman, no side effects or drug interactions have been reported.

Compare to “Sambucol” or “Sambucus”.

notes

*This information is offered as information only, for use in the maintenance and promotion of good health in cooperation with a licensed medical practitioner.