

Elderberry Syrup Recipe

A simple elderberry syrup recipe made with dried elderberries, honey and herbs for an immune boosting and delicious syrup. Can be used medicinally or on homemade pancakes or waffles.

Prep Time 5 mins

Cook Time 1 hr

Total Time 1 hr 20 mins

Course: Remedy

Servings: 2 cups

Calories: 6kcal

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Ingredients

- 3½ cups water
- 2/3 cup dried elderberries (or 1 1/3 cups fresh or frozen)
- 2 TBSP ginger (grated)
- 1 tsp cinnamon
- ½ tsp ground cloves
- 1 cup raw honey (Dorsey suggests reducing this to 1/4-1/2 cup to make less sweet)

Instructions

1. Pour the water into a medium saucepan and add the elderberries, ginger, cinnamon, and cloves.
2. Bring to a boil and then cover and reduce to a simmer for about 45 minutes to 1 hour until the liquid has reduced by almost half.
3. Remove from heat and let cool until it is cool enough to be handled.
4. Mash the berries carefully using a spoon or other flat utensil.
5. Pour through a strainer into a glass jar or bowl.
6. Discard the elderberries and let the liquid cool to lukewarm.
7. When it is no longer hot, add the honey and stir well.
8. When the honey is well mixed into the elderberry mixture, pour the syrup into a mason jar or 16 ounce glass bottle of some kind.
9. Ta-da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties. Some sources recommend taking only during the week and not on the weekends to boost immunity.

Notes

Instant Pot option: Put all ingredients except honey in pot, seal lid, and set manually for 9 minutes on high pressure. Vent pressure and strain. When cooled to room temperature, stir in the honey. Standard dose is ½ - 1 teaspoon for kids and ½ - 1 tablespoon for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.

Nutrition

Serving: 1tsp | Calories: 6kcal | Carbohydrates: 1.7g | Fiber: 0.1g | Sugar: 1.5g

Other versions could include 1T grated fresh turmeric root and 2T dried cut and sifted echinacea root