

Quick Elderberry Syrup Recipe



Elderberries have long been used in ancient medicine for their potential immune-boosting properties. They are rich in antioxidants, particularly anthocyanins, which may help support the immune system by reducing oxidative stress and inflammation.

Elderberry syrup is a well-known and delicious immune booster that even kids will enjoy.

Here's a quick and easy recipe to make your own **elderberry syrup** at home →

Ingredients:

- 1 cup dried organic elderberries
- 4 cups filtered water
- 1 cup local raw honey

Instructions:

- In a saucepan, combine the dried elderberries and filtered water. Bring the mixture to a boil.
- Once boiling, reduce the heat, cover the saucepan, and let it simmer for about 30-45 minutes, or until the liquid has reduced by half.
- Remove the saucepan from the heat and allow it to cool to room temperature.
- Strain the elderberry liquid into a clean mason jar or glass container, discarding the used elderberries.
- Once the liquid has cooled completely, add the local raw honey. Stir until the honey is fully dissolved.
- Seal the jar with a lid and store it in the refrigerator. It can be stored for several months.
- Take a spoonful of elderberry syrup each morning to support your immune system and provide an extra layer of protection against colds and flu. Mix with mineral water for a refreshing spritz!