

Elderberry Syrup

By Madison Margaret

My mom has made and bottled elderberry syrup for years. She has used one recipe, in which I made a plant based substitution - agave nectar in place of honey.

¾ cup of dried elderberries

3 cups of water

1 teaspoon of dried cinnamon or 1 cinnamon stick

1 teaspoon of dried cloves or 4 whole cloves or 1 drop of clove essential oil

1 tablespoon of fresh ginger or 1 teaspoon of dried ginger or 1 drop of ginger essential oil

1 cup of agave nectar

In a large pot, bring the elderberries, water, cinnamon, cloves and ginger to a boil. Careful not to burn! Reduce the heat, cover, and simmer until the liquid has reduced by half, about 40-45 minutes. Allow the liquid to cool, remove off the stove. Drain the liquid using a fine mesh strainer or cheesecloth, over a large bowl. Press out all the liquid, by pressing a wooden spoon against the berries. Add agave into the elderberry liquid, and be sure to mix well. As long as it is stored in an airtight glass container, it can last up to two months and should be refrigerated once it is opened.

Benefits of Elderberry Syrup:

- Contains antioxidants, which help support a healthy immune system
- Can combat cold/flu season naturally, in place of OTC cough syrup
- Helps to prevent sickness
- Anti Inflammatory
- Can help to clear sinus and chest congestion
- Promotes healthy gastro-intestinal health
- Can calm GI issues such as IBS, acid reflux and indigestion
- Fights against both viral and bacterial infections
- Fights cancer
- Helps to promote healthy skin glow
- High in vitamin C & vitamin A
- Fast acting as it is a superfood and easy to digest

One con is that elderberry syrup is expensive - even when made homemade! Take one dosage a day to help prevent wastage. Most recommendations include a teaspoon a day.

Original recipe:

<https://happyhealthymama.com/homemade-elderberry-syrup-recipe.html>