

# ELDERBERRY SYRUP

At the first sign of flu symptoms, take 4 tablespoons per day.

## *ingredients*

- 1 cup elderberries, fresh, or ½ cup elderberries, dried
- 1 cup raw honey
- 3 cups water
- 1 tablespoon ginger root, grated, or ½ teaspoon powdered ginger
- ¼ teaspoon cinnamon
- 1 tablespoon lime juice
- 1 cup vodka

## *directions*

Place berries, ginger and cinnamon in a saucepan and cover with water. Bring to a boil, reduce heat and simmer 45 minutes.

Smash elderberries through a strainer. Add honey.

Add optional lime juice and vodka after the syrup has cooled. (Vodka will preserve the syrup but make it thinner)

Bottle and store in refrigerator 2-3 months or up to a year if using vodka.

# ELDERBERRY TEA

## TWO WAYS

Prepare as needed and drink throughout the day.

### *ingredients*

*For Boosting the Immune System:*

- 1/4 cup dried elderberries (30 grams)
- 1 small handful dried Astragalus root
- 1 tablespoon dried marshmallow root
- 2 cups water
- Honey to taste

---

*For Sniffles, Congestion, and Aches and Pains:*

- 1/4 cup dried elderberries
- 1/2 teaspoon dried ginger pieces
- 1/4 teaspoon black peppercorns, coarsely ground
- 2 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Honey to taste

### *directions*

In a small covered saucepan, bring the herbs and water to a boil, then reduce to a simmer for 20 minutes. Strain. Add honey or other sweetener.

In a small covered saucepan, bring the berries, ginger, pepper and water to a boil then reduce to a simmer for 20 minutes. Turn off the heat and add the rosemary and thyme. Cover and let steep for 5 minutes. Strain. Add honey or other sweetener.