

Classic Elderberry Syrup Recipe

Makes about 3 cups of syrup without alcohol, 4 cups with alcohol.

Active Time: 1 hour

Ingredients

2 cups dried organic elderberries

4 cups cold water (distilled, purified, or spring water works best)

2-3 tsp. organic dried ginger root

1 organic sweet cinnamon stick

1 cup raw, local honey (or organic maple syrup or agave for a vegan/infant-friendly recipe);
double the amount of sweetener to increase shelf life

1 cup vodka or brandy (optional to increase shelf life)

Directions

Combine berries and herbs with cold water in pot and bring to a boil.

Reduce heat and allow herbs to simmer 30 to 40 minutes.

Remove from heat and let steep 1 hour.

Strain berries and herbs using a funnel overlaid with doubled cheesecloth or undyed cotton muslin bag and squeeze out liquid (careful, liquid will likely still be hot!). Discard used herbs in compost.

Once liquid has cooled to just above room temperature, add honey and stir to incorporate.

If using vodka or brandy, add here and stir until well combined.

Bottle in sterilized glass.

Pro tip: This recipe is easy to multiply if you'd like to make a big batch to store or give as gifts (glass pantry jars and amber bottles are great choices!). My family enjoys a teaspoon or two of this syrup, right out of the fridge, just about every day during the sniffle season.