

ELDERBERRY *syrup*

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•Oil-Infused Elderberry Syrup•

Prep 5 mins

Cook 1 hour

Cool 45 mins

Yield 4 cups

A simple elderberry syrup recipe made with dried elderberries, honey, and herbs for an immune boosting and delicious syrup.

Ingredients:

- 1 cup dried elderberries: organic/wildcrafted
- 4 cups water
- a large knob of fresh ginger root, sliced
- 1 – 1.5 cups raw, unfiltered honey
- Young Living Essential Oils:
 - o *Copaiba Vitality
 - o *Thieves Vitality
 - o *Frankincense Vitality
 - o Nutmeg Vitality
 - o Cinnamon Bark Vitality
 - o Clove Vitality

INSTRUCTIONS:

1. Bring water to a boil
2. Add Elderberries
3. Simmer for 45 minutes
4. Let cool, then mash berries (don't skip this step... be sure the syrup is cool before adding the syrup & oils)
5. Strain well (I like to push the berries down in the strainer/squeeze in a mesh bag to get all the possible syrup)
6. Add honey & mix well
7. Add essential oils:
6 drops Copaiba, 3 drops Thieves, 1 drop each Nutmeg, Cinnamon Bark, Clove & Frankincense
8. Store in a cool dark place for up to 1 month, or in the fridge for up to 3 months.
9. Take *1 tsp - 1 TB daily for preventative, increase when not feeling well.

Instant Pot option:

Put first 3 ingredients in pot, seal lid, and set manually for 9 minutes on high pressure. Vent pressure and strain, follow steps 4-9.

*Standard dose is 1/2 tsp - 1 tsp for kids and 1 tablespoon DAILY for adults.
When sick, we give the daily dose every few hours.

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