

# homemade elderberry syrup

**MAKES ~3 cups**

RECIPE ADAPTED FROM: [Eating Richly](#)

COOK TIME: 20-45 minutes

- 4 cups filtered water
- 1 cup [organic dried elderberries](#)
- 1 Tbsp cloves
- 1 Tbsp fresh ginger root - peeled and chopped
- 2 cinnamon sticks
- 1 teaspoon lemon zest
- 1 teaspoon orange zest
- 6 - 8 mint leaves - optional
- 1 cup local raw, unfiltered honey

## Dosing Instructions

- For Children: Check with your child's primary care provider before giving Elderberry Syrup to your child. It may be wise to stick with the standardized professional formulas like Gaia Black Elderberry Syrup and follow their recommended dosing instructions. Gaia Black Elderberry Syrup has dosing instructions for children starting at age 1.
- For Adults: use the following doses for the Homemade Elderberry Syrup 1 teaspoon daily during cold and flu season. If you develop cold or flu, 1 teaspoon every 4 hours.



## STOVE TOP DIRECTIONS

PUT all ingredients except honey in a stainless steel pot on the stove top.

BRING to a boil , reduce heat to a low simmer.

SLOWLY simmer for 45 minutes to 1 hour until mixture reduces by half (you should end up with about 2 cups of liquid - watch this carefully and keep heat low.)

STRAIN through a fine mesh strainer pressing on the elderberries with a wooden spoon or spatula until all the liquid is released.

DISCARD the elderberries and let the mixture cool to room temperature or < 115°F before adding the honey (because heat destroys the beneficial enzymes in the honey).

ONCE cooled, stir in the honey and blend well.

STORE in the refrigerator in a glass jar or bottle for up to 3 months.

## INSTANT POT DIRECTIONS

PUT all ingredients into Instant Pot except for the honey.

CLOSE the Instant Pot with the valve in the "SEALING" position, then cook on manual pressure for 10 minutes.

DO a quick pressure release, remove the lid, and set to "SAUTE".

LET it boil for about 10 minutes until the liquid is reduced by half (you should end up with 2 cups of liquid).

POUR through a strainer, mashing on the berries with a spatula until all the liquid is released.

DISCARD the elderberries and let the mixture cool to room temperature of <115°F before adding the honey (because heat destroys the beneficial enzymes in the honey).

ONCE cooled, stir in the honey and blend well.

STORE in the refrigerator in a glass jar or bottle for up to 3 months.