

WELLSPRING & WILD

IMMUNE-BOOSTING

ELDERBERRY SYRUP



INGREDIENTS

(MAKES 1 QUART)

1/2 cup dried elderberries
1/3 tsp powdered ginger
1/3 tsp cinnamon
1/8 tsp ground cloves
Pinch of salt
3 cups water

NOTES:

- Never give honey to children under 1 year.
- For extra immune support, add echinacea or elderflower during cooking.

INSTRUCTIONS:

1. Place all ingredients except honey in a pressure cooker.
2. Cook on high for 120 min.
–or– simmer on stovetop for 8 hrs.
3. Strain and cool to room temp.
4. Stir in honey. Store in fridge for up to 6 mo.
5. Shake before serving.

SUGGESTED USE:

- Daily: 1 Tbsp (adults) | 1 tsp (children 1+)
- At first sign of illness: every 3–4 hrs until better