

Elderberry Syrups



Elderberry Gone Wild Syrup:

1/2 cup elderberries
1/2 cup rosehips
1/2 cup Crio Bru (or cacao nibs)
2 cups distilled water
1/2 cup raw honey
optional: Young Living Orange essential oil

Combine the herbs and Crio Bru with the distilled water in a saucepan and bring to a simmer over medium-low heat. Simmer until the liquid has been reduced to half, leaving you with one cup. Strain out the pulp and stir in the honey until it is completely dissolved. If using the essential oil add 3-5 drops and stir well to combine. Pour into a glass container and store in the fridge for up to 3 months.

Basic Elderberry Syrup:

1 part dried elderberries (or use half elderberries and half rosehips)
2 parts distilled water
raw honey

Bring water to a simmer over low heat and cover with a lid, not quite sealed, you want the steam to be able to escape. Simmer until the liquid has been reduced by half. Strain into a measuring bowl and add the same amount of raw honey as there is liquid. Stir until dissolved. .

To Use:

For preventive measures you can take a tablespoon each day.

At the first sign of illness take a teaspoon every hour.

I like to keep some of this in a dropper bottle and I administer 2 dropperfuls every hour or so when someone has come down with a "bug".

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.