



Sarah

ELDERBERRY SYRUP

INGREDIENTS

½ cup dried elderberries

1 teaspoon cinnamon

1 teaspoon turmeric

sprinkle black pepper

¼ teaspoon ground cloves

one chili pepper

½ cup honey (or agave, molasses, maple syrup)

2 cups of water

INSTRUCTIONS

Boil all ingredients, except the honey, for 25 minutes. Allow to steep for an hour. Strain into a container. Add the honey. Store in the refrigerator for up to 2 weeks. Take 1-2 tablespoons a day.