Elderberry Syrup Recipe

A simple elderberry syrup recipe made with dried elderberries, honey and herbs for an immune boosting and delicious syrup. Can be used medicinally or on homemade pancakes or waffles.

★★★★★
4.20 from 1698 votes

Prep Time	Cook Time	Cooling time	Total Time
5 mins	45 mins	30 mins	1 hr 20 mins

Course: Remedy Servings: 80 teaspoons Calories: 14kcal
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Equipment

- Quart-size mason jar

Ingredients

- 3½ cups water
- ⅔ cup dried elderberries (or 1 1/3 cups fresh or frozen)
- 2 TBSP ginger (grated)
- 1 tsp cinnamon
- ½ tsp ground cloves
- 1 cup raw honey

Instructions

1. Pour the water into a medium saucepan and add the elderberries, ginger, cinnamon, and cloves.
2. Bring to a boil and then uncover and reduce to a simmer for about 30 minutes or until the liquid has reduced by half.
3. Remove from heat and let cool until it's lukewarm.
4. Mash the berries carefully using a spoon or other flat utensil.
5. Pour through a strainer or cheesecloth into a glass jar or bowl. Discard the elderberries.
6. When the liquid is no longer hot, add the cup of honey and stir well.
7. When the honey is well mixed into the elderberry mixture, pour the syrup into a mason jar or glass bottle of some kind.
8. Ta-da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties.

Notes

Instant Pot option: Put all the ingredients except honey in the Instant Pot. Seal the lid, and set manually for 9 minutes on high pressure. Vent pressure and strain. When cooled to room temperature stir in the honey.

Standard dose is ½ - 1 teaspoon for kids and ½ - 1 tablespoon for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.