



cara price

ELDERBERRY SYRUP

INGREDIENTS

- 2-1/4 cups purified water
- 1/2 cup organic honey
- 12 ounce bottle elderberry concentrate
- 2 sticks cinnamon
- a palmful of whole cloves
- 1 lemon, cut into pieces

DIRECTIONS

combine water, honey, cinnamon, cloves & lemon in a medium saucepan.

bring the mixture to a boil. once it boils, reduce heat & stir occasionally for 5 minutes until honey is fully dissolved. remove mixture from heat & allow to cool completely.

strain the liquid & pour into a large glass bottle. add elderberry concentrate to the glass bottle & shake to combine. store in the fridge.

adults take 1-2 tablespoons daily.*
children take 1-2 teaspoons daily.*

*always talk to your doctor when beginning a new health regiment.