



WILLOW HEALTH FOOD
&
WELLNESS CENTER

ELDERBERRY SYRUP

- 1 cup fresh or 1/2 cup dried organic Elderberries (harvest blue or black, avoid poisonous reds)
- 3 cups water
- ½ cup raw local honey (You can add more or less. Make it to your taste.)
- 1 organic Cinnamon stick, 3 organic Cloves, and organic Ginger (optional)

Place berries, water, and spices in a saucepan. Bring to a boil, reduce heat, and simmer for 30 minutes. Smash the berries to release remaining juice and strain the mixture. Allow liquid to cool and stir in honey. Will last for 2-3 months stored in the fridge.

Elderberry syrup is excellent for fighting the flu and viral infections particularly of the respiratory system. It also tastes good on pancakes & French toast. Elderberries make an excellent wine as well as jam or jelly.

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