



Elderberry Syrup Recipe

The Power of Elderberries

Elderberries, small and dark in color, are packed with antioxidants and nutrients that have been revered for their health benefits for centuries. These tiny treasures are known for their ability to strengthen the immune system and provide comfort when you need it most.

How to make it?

Prepare all ingredients needed. Cooking time is 2 hours and can yield 1 quarter.

Ingredients

- ½ or entire pack of Cocoa Fresh Elderberry and Herbs
- 4 – 6 cups of water
- 1 cup of fresh or dried ginger root and cinnamon sticks
- 2 cups of food-grade vegetable glycerin (optional)
- 1 cup of raw honey from your state/country (Agave if under age 1)

Recipe

Pour water into a pot, bring to boil, then add elderberry pack and ginger. Cover and reduce to a simmer for 1 hour or until liquid has reduced by almost half. Remove from heat and let cool enough to handle. Mash the berries carefully using utensil, pour through a strainer. Discard the elderberries (or compost) and let liquid cool to lukewarm, add honey (agave) and glycerin, then stir well. Once mixed well, pour into your quart size jar. Store in refrigerator and take 1 tablespoon daily for immune boosting properties. Skip weekends.

Dosage

Standard dose is ½ to 1 teaspoon for children and ½ to 1 tablespoon for adults. If the flu strikes, take the normal dose, 2 to 3 times a day rather than once a day until symptoms disappear.

For C19 Take twice a day with zinc, vitamin D3, and daily hot baths with epsom salt.