



Elderberry Syrup

Savannah · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 45 mins

Description

Elderberry syrup is delicious when drizzled over anything you would put syrup on like waffles pancakes or ice cream Its also good for treating colds and the flu when taken in 1tablespoon doses Store in a lidded jar in the refrigerator for 2 to 3 months

Ingredients

— - 3 cups water - 1 cup fresh elderberries - 1 cinnamon stick - 3 whole cloves - 1 teaspoon minced fresh ginger root - 1 cup honey

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Combine water
2. elderberries
3. ginger
4. cinnamon stick
5. and cloves in a saucepan over medium heat; bring to a boil. Reduce the heat to low and simmer for 30 minutes. Dotdash Meredith Food Studios Mash berries with a potato mixture to release juices. Dotdash Meredith Food Studios Strain the mixture through a fine sieve
6. retaining juice and discarding pulp
7. cinnamon stick
8. and cloves. Let cool for 30 minutes. Dotdash Meredith Food Studios Stir in honey until thoroughly combined. Dotdash Meredith Food Studios Recipe Tips You can substitute simple syrup or agave nectar for the honey. Try blueberries
9. blackberries
10. or raspberries instead of elderberries. If you don't have fresh elderberries
11. you can use 1/2 cup of dried elderberries.