

ELDERBERRY SYRUP

By Regina Dillard | ChefReginaCooks.com

Recipe:

1 c. Elderberry (Whole Berries)
1 Cinnamon Stick (Whole) or 1/4 tsp. Ground Cinnamon
Opt. 1" piece Fresh Ginger, sliced
2 c. Spring Water
1/2 c. Raw Honey*, Monkfruit Sugar or Raw Cane Sugar
Opt. 1/4 c. Bourbon Whiskey
Cheesecloth or Milk Bag

(*Advisory [Kids Health.org](https://www.kidshealth.org) : It is recommended that "babies younger than 1 year old should not be given honey. Clostridium bacteria that cause infant botulism usually thrive in soil and dust. ... As kids get older, they can have honey because their mature digestive systems move the Clostridium bacteria spores through the body before they can cause harm".

Directions:

In a medium-size pan, combine elderberries and water.

Bring to a rolling boil.

Reduce heat.

Add ginger and cinnamon and stir.

Simmer for 30 mins uncovered.

Remove from heat and allow mixture to steep for 1 hour.

Remove cinnamon stick and ginger pieces. Allow to cool for 20 mins.

Place cheesecloth or milk bag over a 4 cup glass measuring cup or glass bowl.

Pour entire contents of pan into cheesecloth.

Use hands to give a slight twist to the top of the cheesecloth or bag to prevent contents from seeping through the top.

Gently squeeze the bag, allowing the liquid to be expressed and into the bowl.

Once all the liquid has been removed, place the cheesecloth or bag with seeds into the sink.

Do not rest on counter or surfaces, as the elderberries will cause a light-colored counter to

stain.

Add sweetener and stir until fully incorporated.

Add optional whiskey.

Store in a clean, sanitized jar with lid, in refrigerator up to 2 months.

Servings: 1-2 tsp per day.