

# Elderberry + Wolfberry Super Syrup Recipe



**YIELD: 3 Cups    TIME: 45 Minutes**

## Ingredients:

- 1/2 cup Elderberries
- 1/2 cup NingXia Wolfberries
- 4 cups filtered water
- 1 cup raw honey
- 1 drop Lemon Vitality essential oil
- 1 drop Orange Vitality essential oil
- 1 drop Thieves Vitality essential oil
- 1 drop Copaiba Vitality essential oil

## Directions:

Add wolfberries, elderberries, and water to Instant Pot. Cover and set manual time for 7 minutes and then use the quick release. Next, select sauté on the Instant Pot to continue to cook and reduce liquid by half (about 15-20 minutes). Yield will be about 2 cups at this point.

Remove from heat and let cool until it is cool enough to be handled. Pour through a strainer into a blender and let cool to room temperature. Discard the elderberries (not, if you choose to mash them it may result in very bitter syrup).

When it is no longer hot, add honey and pulse blend to combine well and not over-aerate. Yield should now be about 3 cups. Add essential oils and briefly pulse. Bottle and store in the fridge in a glass container for up to one month.

## Suggested Use:

Adults take 1 Tbsp per day during seasons of concern. Increase to every 2-3 hours when you need an extra boost. Children 1-9 years take 1/2 - 1 tsp per day. Not recommended for children under 1 year.

*Adapted from Lindsey Gremont at [HomemadeMommy.net](http://HomemadeMommy.net).*

**Recipe provided from Echo Alexander at [www.EO4RealLife.com](http://www.EO4RealLife.com).**

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