

Elderberry Syrup

Ingredients

- 1 Cup Organic Dried Elderberry
- 1 Orange Sliced
- 1 strip of astragalus
- Wild Cherry Bark
- Thumb Size Fresh Ginger
- 4 Whole Cloves
- 2 Cinnamon Stick
- Raw Local Honey
- 4 Cups of water



INSTRUCTIONS:

1. ADD ALL INGREDIENTS EXCEPT HONEY TO INSTANTPOT.
2. SET MANUAL PRESSURE FOR 7 MIN
3. NATURAL RELEASE FOR 15 MINS
4. STRAIN AND DISCARD ELDERBERRIES
5. RETURN LIQUID, SET TO SAUTÉ AND REDUCE BY HALF
6. ONCE COOLED MIX IN HONEY TO TASTE
7. STORE IN MASON JARS IN FRIDGE

ADULTS & KIDS 12 AND UP

TAKE 1 TBSP DAILY FOR MAINTANCE AS NEEDED FOR COUGH

CHILDREN 1-9 TAKE 1/2 TSP

CHILDREN 9-12 (1/2 - 1 TBSP)