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# Homemade Elderberry Syrup

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## Ingredients:

1/4 CUP DRIED ELDERBERRIES  
1/4 CUP YOUNG LIVING  
NINGXIA WOLFBERRIES  
1/4 CUP DRIED ROSE HIPS  
4 CINNAMON STICKS  
3 CUPS DISTILLED WATER  
1/2 LOCAL HONEY  
YOUNG LIVING VITALITY OILS  
OF YOUR CHOICE

## Directions:

Bring water, elderberries, rose hips, Ningxia wolfberries and cinnamon sticks to a rapid boil. Simmer for 30-45 minutes, stirring occasionally. Remove from heat and allow to cool. Once cooled, strain the liquid from the berries and add honey and Vitality oils and stir until mixed. Pour liquid into a glass container with airtight lid. Store in refrigerator.

Children take 1 to 2 teaspoons every 4 hours.  
Adults take 1 Tablespoon a day or every 4 hours, as needed.

