

# Elderberry Syrup

## Ingredients

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- 1/2 - 3/4 cups Dried Elderberries
- 2 cinnamon sticks
- 5 cloves
- 4 cups water

## Directions

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Place dried elderberries, cinnamon sticks, cloves and water in InstantPot on High for 13 minutes.

Once done, cool and strain.

Add:

- 1/2 - 3/4 honey
- 5 drops Young Living Thieves Essential Oil
- 5 drops Young Living Lemon or Orange Essential Oil

Store in an airtight container in the fridge for 3 months

## Notes

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We take a tablespoon daily during "cold and flu" season. If we feel like we need extra support, we will take a tablespoon several times per day.

- one teaspoon for the kiddos