

## How to make Elderberry Syrup with dried elderberries

### You will need:

A measuring jug  
Weighing scales  
A saucepan  
A wooden spoon  
A sieve  
100g dried elderberries  
15-20g muscovado or brown sugar  
150g water  
Sterilised jars or bottles  
A muslin cloth or thin tea towel  
An organic lemon  
A few slices of fresh ginger  
A cinnamon stick  
A few cloves.



### Step 1.

Add your elderberries to a large saucepan with 150ml of fresh cold water. Simmer and stir occasionally for twenty minutes. You'll then have a deep purple liquid.\*

### Step 2.

Allow to cool, then squeeze out the juice through a muslin cloth or tea towel into a large jug.

### Step 3.

Add the juice back into the saucepan and add the **sugar**, a stick of **cinnamon**, fresh **ginger**, a few **cloves** and a few slices of **lemon**.

### Step 4.

Simmer again for another twenty minutes, then strain once more and pour whilst still hot into some sterilised jars or bottles.

### Step 5.

Seal the jars until you feel a cold or 'flu coming on and take 1 teaspoonful neat every few hours or pour like a cordial into a hot drink. Add honey to taste if required.

You can multiply the quantities stated if you want to make a bigger batch. You can also experiment adding more or less sugar, replacing with honey, adding other medicinal immune boosting spices like cardamom and star anise. Get creative!