

ELDERBERRY EXTRACT

I made up a batch of Elderberry Extract in an effort to get our immune systems back on track. I got in the habit of buying Elderberry Extract along with my Echinacea and Vitamin C when we are feeling under the weather, but Elderberry Extract is expensive! Last year I discovered that you can make it yourself! I thought elderberries would be hard to find, but they had them in the bulk section at our main grocery store.

Ingredients.

3/4 cup elderberries
3 tablespoons peeled and grated fresh ginger
2 cinnamon sticks
1 cup honey (preferably raw and local)
4 cups water

Directions.

Combine the water, elderberries, ginger, and cinnamon sticks in a medium saucepan and simmer over medium-low heat for 30-45 minutes, or until the liquid has reduced by about half.

Strain the liquid through a fine mesh strainer and let it cool to room temperature. Stir in the honey until well combined.

For Use.

The syrup can stay in the refrigerator for about 7-10 days, although I usually freeze mine in 1 oz cubes and add one a large glass of water along with 3oz of Just Cranberry juice and 3oz of just Pomegranate juice. I take it almost every day for cold prevention and sometimes double up my dose if I feel sick.

*For Lulu (18 months) I'll add a couple drops to her water once a day. For Gigi I add about 1/2 teaspoon to a small glass of water. I feel comfortable giving this syrup to my kids because I know exactly what's in it, but make sure to ask your pediatrician before giving your kids any supplements!

RECIPE BY KACIE MCMACKIN

www.withlovekacie.com

© 2010-2014