

Rosemary's Elderberry Syrup

2/3 to 1 cup dried elderberries

3-1/2 cups water

2-6 tbs fresh ginger or 1-3 tsp dried

1-3 tsp cinnamon powder or 2-3 sticks

1/2 to 1 tsp cloves powdered or whole

(NOTE: SPICES ARE OPTIONAL BUT SYNERGISTIC & WICKED TASTY, HENCE TO TASTE. IF YOU HATE SOMETHING, DON'T ADD IT :-)

1 cup honey filtered or not- filtered good for smaller kids & frail elderly

1. Add spices & berries to water. Stir & put on high heat. Bring to boil & reduce to lively simmer.
2. partly cover & simmer until water is reduced by half, about 45 minutes.
3. Remove from heat & strain. Let cool to very warm but not HOT HOT HOT.
4. Stir in honey - will take a few minutes. Unfiltered tends to separate but that's OK. Just shake the snot out of the jar before use.
5. Bottle & store in fridge. Good for 3-4 months, though it is so tasty it won't last that long.

I use a wide mouth mason jar as it is easy to pour into & out of. I add 1-2 tbs to a coffee cup of very hot water for a wicked tasty cuppa in the afternoon. No sweetener needed & oh so good!