

# Homemade Elderberry Syrup

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- 3½ cups water
- ⅔ cup dried [elderberries](#) (or 1 1/3 cups fresh or frozen)
- 2 drops each [Cinnamon Bark, Ginger and Clove](#) essential oil
- 1 cup raw honey

Bring water and berries to a boil then simmer for at least 45 minutes. Mash and strain berries to leave only the liquid. Add honey and essential oils and allow to cool before placing in jars.