

Elderberry Syrup

Physio
JULIE

IMMUNITY BOOSTER

Ingredients

- 2/3 C Dried Elderberries
- 3.5 C Filtered Water
- 1 Cinnamon Stick
- 1 Piece Fresh Ginger (3")
- 10 Cloves
- 1 C Honey
- (alternatively use 1 tsp of each ground spice to taste)



Directions

1. Combine all ingredients except honey into a small saucepan
2. Bring to a gentle boil
3. Simmer for an hour covered
4. Strain and try to squeeze all of the elderberry juices out
5. Let cool a bit, add honey
6. Store in the refrigerator

Notes

Prevention:

Kids 1 tsp/day

Adults 1 tbsp/day

Acute dose every 2-3 hours

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