Elderberry Syrup Recipe

Ingredients:

* 3/4 cup dried elderberries
* 3 cups water
* 1 teaspoon dried cinnamon or 1 cinnamon stick
* 1 teaspoon dried cloves or 4 whole cloves
* 1 tablespoon fresh ginger or 1 teaspoon dried ginger
* 1 cup raw honey or maple syrup

Instructions:

1. In a large pot, bring the elderberries, water, cinnamon, cloves, and ginger to a boil.
2. Reduce the heat, cover, and simmer until the liquid has reduced by half, about 40-45 minutes.
3. Allow the liquid to cool, and then drain the liquid using a fine mesh strainer or cheese cloth.
4. Press all liquid out of the berries using the back of a wooden spoon.
5. Add the raw honey or maple syrup and mix well.
6. Store in an airtight glass container in the refrigerator for up to two months.