



# Sparkle Kitchen

## Elderberry Syrup

### Ingredients

- 1/2 cup of dried elderberries
- 4 cloves
- one 1 inch nob of fresh ginger
- 4 cups of water (filtered is best)
- 1/2 cup of honey

### Directions

In a medium sauce pan, place the elderberries, ginger, cloves, and water. Bring it to a boil, then lower the heat and leave it to simmer for 45 minutes. \*This is your basic decoction. It is more potent than tea, which is only steeped for 2-5 minutes. \*

After 45 minutes the liquid will be reduced by a lot. Using a mesh sieve or a coffee filter, strain the liquid into a clean jar and add the honey, stirring until the honey is completely dissolved. Put a lid on the jar and allow the syrup to cool to room temperature before placing in the refrigerator. It will keep for up to three months.

**Enjoy!**