

Elderberry Syrup

Make homemade elderberry syrup with dried elderberries, honey, and warming spices. Natural immune support that's easy to prepare and store.

15 min

PREP

1h

COOK

1h 15min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 cup elderberry
- 4 cup water
- 1 vanilla pod
- 1 cinnamon stick
- 2 tsp ginger powder
- 1 cup honey

Instructions

- 1 Combine ingredients**

Add 2 cups dried elderberries, 4 cups water, 1 cinnamon stick, 1 teaspoon ground cinnamon, and 2 teaspoons vanilla extract to a large saucepan.
- 2** Stir the mixture well to combine all ingredients evenly.
- 3 Simmer the mixture**

Place the saucepan over medium heat and bring to a gentle simmer, then reduce heat to low to maintain a steady, gentle bubble.
- 4** Cover the pan and simmer for 30 minutes, stirring occasionally to prevent sticking.
- 5** Remove from heat and let the mixture steep covered for 30 minutes to extract maximum flavor and beneficial compounds.
- 6 Strain the liquid**

Set a fine-mesh strainer over a large measuring cup or bowl and pour the elderberry mixture through to

remove all solids.

7 Press the solids in the strainer with the back of a spoon to extract as much liquid as possible, then discard the solids.

8 **Sweeten and finish**

Measure the strained liquid (should be about 2 cups) and stir in 1 cup honey while the liquid is still warm, mixing until completely dissolved.

9 **Store the syrup**

Pour the finished syrup into a clean glass jar, let cool completely to room temperature, then refrigerate for up to 3 months.

Tips

Use a fine-mesh sieve or cheesecloth when straining to ensure all plant material is removed, creating a smooth, professional-quality syrup.

Allow the mixture to steep for the full 30 minutes after cooking to extract maximum beneficial compounds and achieve the best flavor concentration.

Measure the finished elderberry tea before adding honey - you want about half as much honey as liquid for the proper consistency and sweetness balance.

Label your finished syrup with the date made, as homemade versions without preservatives have a shorter shelf life than commercial products.

Start with smaller doses when first using elderberry syrup to see how your body responds, then gradually increase to the recommended amounts.

If fresh elderberries are available, remove them from stems by freezing first - frozen berries will fall off stems much easier than fresh ones.

Store in glass jars rather than plastic containers to maintain the best flavor and avoid any potential interactions with the acidic syrup.

Make double batches during peak elderberry season to have enough syrup to last through the entire cold and flu season.