



Elderberry Syrup

Ingredients:

- 2 tbsp grated fresh root ginger
- 1 tsp ground cinnamon
- 1 tsp ground cloves
- 250 ml honey
- 350g elderberries, removed from stalks and washed
- 750ml water

Method:

1. Place elderberries, ginger, cloves and cinnamon to a large pan
2. Add water
3. Bring to the boil then simmer for 45 minutes
4. Sieve into a bowl and discard the elderberry pulp
5. Add the honey to the warm liquid
6. Stir to dissolve
7. Bottle in sterilised jars
8. Keep in fridge once opened

