

# Elderberry Syrup



3 1/2 cups water	1/2 teaspoon dried ground cloves
2/3 cup dried black elderberries	1 cinnamon stick
2 teaspoons fresh ginger, finely chopped	1/2 cup honey

Instructions: Wash hands with soap and water. Combine water, elderberries, ginger, cloves and cinnamon stick in a medium saucepan. Bring to a boil; cover and reduce heat to a simmer for one hour, or until liquid is reduced by half. Remove from heat; allow to cool. Pour through a strainer into a bowl. Stir in honey. Pour into a jar or container with lid. Store in refrigerator for up to two weeks. Use in smoothies, hot tea, pancakes, etc.

Yield: 1 quart

**Nutrition Facts** (per 2 Tablespoon serving): 20 calories, 0 grams fat, 0 milligrams sodium, 5 grams carbohydrate, 0 grams fiber, 0 grams protein