

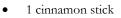
Elderberry Elixir

Adapted from Amanda



- 4 cups water
- 1 cup fresh elderberries or 1/2cup dried
- 2 Tbsp. fresh ginger, grated
- 1 tsp. whole cloves

Directions



- 1/4 tsp. cayenne pepper
- 5 cardamom pods
- 1/2 cup raw honey
- Juice of one lemon

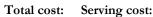
Serving size:

Yield:

Cover and let simmer for 1-2 hours until the

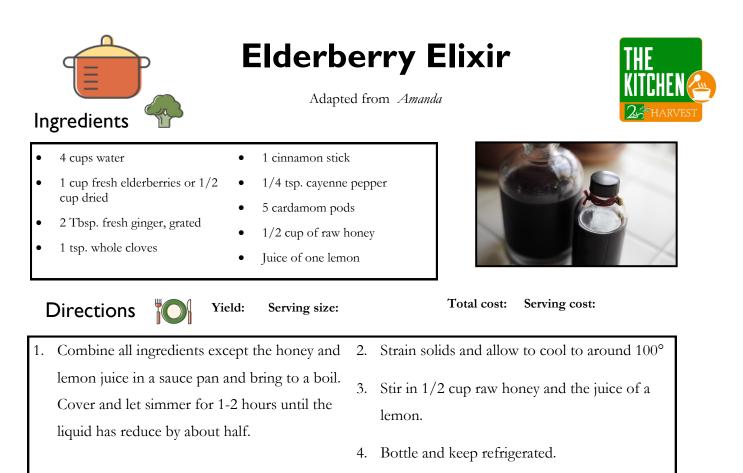
liquid has reduce by about half.



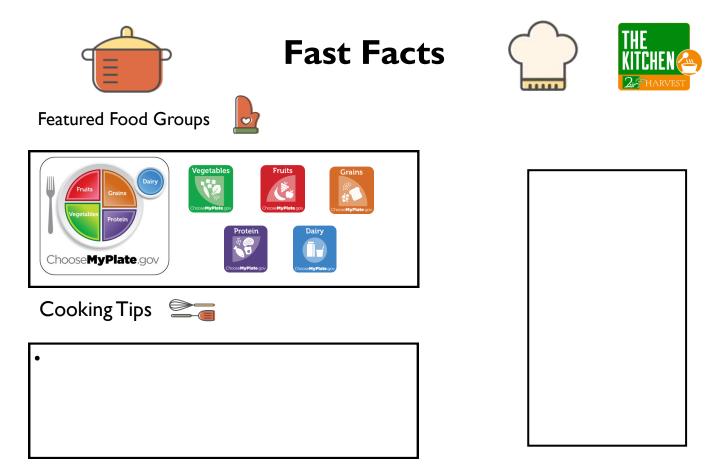


- 1. Combine all ingredients except the honey and Strain solids and allow to cool to around 100° 2. lemon juice in a sauce pan and bring to a boil.
 - 3. Stir in 1/2 cup raw honey and the juice of a lemon.
 - 4. Bottle and keep refrigerated.

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