



Elderberry Elixir



Adapted from *Amanda*

Ingredients



- 4 cups water
- 1 cup fresh elderberries or 1/2 cup dried
- 2 Tbsp. fresh ginger, grated
- 1 tsp. whole cloves
- 1 cinnamon stick
- 1/4 tsp. cayenne pepper
- 5 cardamom pods
- 1/2 cup raw honey
- Juice of one lemon



Directions



Yield:

Serving size:

Total cost:

Serving cost:

1. Combine all ingredients except the honey and lemon juice in a sauce pan and bring to a boil. Cover and let simmer for 1-2 hours until the liquid has reduce by about half.
2. Strain solids and allow to cool to around 100°
3. Stir in 1/2 cup raw honey and the juice of a lemon.
4. Bottle and keep refrigerated.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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