

# FREEDOM HARVEST FARM

## Elderberry & Chokeberry Syrup



Immune Boosting Medicinal Syrup | Natural Remedy for Viruses  
Yield: 2 Quarts

### Ingredients

- 4 C. Elderberries and/or Chokeberries (dehydrated, fresh, or frozen)
- 7 C. Water
- 4 T. Ground Ginger
- 1 T. Ground Cinnamon
- 1 t. Ground Cloves
- 2 C. Raw Honey
- 2 C. Organic Raw Unfiltered Apple Cider Vinegar with “The Mother”

Pour water into a large saucepan and add berries, ginger, cinnamon, and cloves. DO NOT add the honey and vinegar.

Bring mixture to a boil. Cover and reduce to a simmer for about 45-60 minutes or until the liquid has reduced by half.

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Remove from the heat and let mixture cool. Mash the berries. Pour mixture through a mesh strainer into a large bowl. Discard berry stems and remaining berries that are left in the strainer.

When mixture is no longer hot, add in the raw honey and vinegar, stirring well.

Pour into glass bottles or mason jars. Cover and store in the refrigerator.

Take 1 standard dose every day for the immune boosting properties.

\*Standard dose is  $\frac{1}{2}$  - 1 t. for children.

\*Standard dose is 1 T. for adults.

If a virus strikes, take a standard dose every 2-3 hours until symptoms resolve.