



Herbal Syrup

Ingredients

- 1 cup dried herbs (or 2 cups fresh)
- 4 cups water
- 1-2 cups honey (or sugar, maple syrup, etc.)

Instructions

1. **Simmer the Herbs** – Bring to a boil. Reduce to a simmer. Cook until the liquid is reduced by half (about 30–45 minutes).
2. **Strain** – Pour through a fine mesh strainer or cheesecloth to remove plant material.
3. **Sweeten** – While the liquid is still warm, add your sweetener of choice and stir until dissolved.
4. **Bottle & Store** – Pour into sterilized glass bottles or jars. Label. Store in the fridge for up to 2–3 months.





Elderberry Syrup Recipe

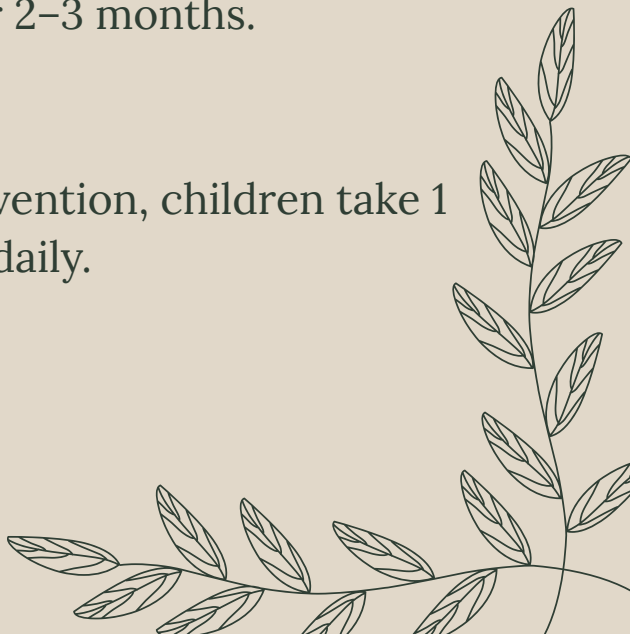
Ingredients

- 1 cup dried elderberries (or 2 cups fresh)
- 4 cups water
- 1 cinnamon stick
- 3-4 cloves
- 1 inch fresh ginger root (sliced)
- 1-2 cups raw honey

Instructions

1. Combine elderberries, water, cinnamon, cloves, and ginger in a saucepan.
2. Bring to a boil, reduce to a simmer, and cook until the liquid is reduced by half.
3. Remove from heat, let cool slightly, and strain.
4. Stir in honey until fully dissolved.
5. Store in glass bottles in the fridge for 2-3 months.

Dosage: Adults take 1 Tbsp daily for prevention, children take 1 tsp. During illness, use up to 3-4 times daily.





Recipes

Ginger Syrup (Digestive Support & Warming)

Benefits: Stimulates digestion, reduces nausea, supports circulation.

Recipe:

1 cup fresh sliced ginger
4 cups water
1 cup honey.

Thyme Syrup (Respiratory Support)

Benefits: Antimicrobial, excellent for coughs and chest congestion.

Recipe:

1 cup fresh thyme (or ½ cup dried)
4 cups water
1 cup honey

Licorice Root Syrup (Cough & Sore Throat Soother)

Benefits: Coats the throat, eases coughs, supports adrenal health.

Recipe:

½ cup licorice root
½ cup marshmallow root
4 cups water
1½ cups honey

Chamomile Syrup (Calming & Sleep Aid)

Benefits: Promotes relaxation, reduces anxiety, soothes digestion.

Recipe: Simmer

1 cup dried chamomile flowers
4 cups water
1 cup honey

Rosehip Syrup (Vitamin C Rich)

Benefits: Boosts immunity, antioxidant-rich, supports skin health.

Recipe:

1 cup dried rosehips
4 cups water

Strain, mash berries, and strain again. Add 1½ cups honey.

