

### Elderberry-Turmeric Syrup or Concentrate Recipe

Recipe makes 2 cups. You can make it all at once or half at a time. Break the cinnamon stick in two, use half of the turmeric, and reserve half the elderberries if making two batches.

2 oz. dried organic elderberries\*\*  
1 organic cinnamon stick  
1 slice dried organic turmeric root  
4 cups filtered water

1 cup raw honey (for syrup)  
1/8 cup brandy (totally optional- as a preservative)

Combine the water and herbs in a pot. Bring to a gentle boil, then lower the heat and simmer, uncovered, until the volume is reduced by half. You will have 2 cups of liquid.

Strain the herbs, if you want to make syrup, add honey to the warm concentrate and stir to dissolve. If you are adding the brandy, this would also be the time to do this. If you make the whole batch at once, pour half of it into the brown glass bottle for easy pouring and keep the other half in another jar to decant into your bottle as needed. Label with the date that you've made it and store in the fridge. It will keep for months.

To use:

If you make the concentrate, put a tablespoon in a mug of hot water or brewed green or black tea with sweetener of your choice and maybe a squeeze of lemon and a slice of ginger.

If you made the syrup: you can add a tablespoon to hot water – no need to sweeten it! Or, take it by the spoonful for prevention:

Adults- 1 Tbsp per day or 3-4 doses if sick

Children under 12- 2 Tsp per day for prevention or 3-4 doses if sick

**DO NOT FEED TO BABIES UNDER 12 MONTHS**

**\*\*Dr. Robertson uses Frontier Organic Elderberries in bulk from David's Natural Market.**