

Elderberry Syrup

Ingredients:

1 cup elderberries, dried
4 cups filtered water
2-inch knob ginger, fresh minced
2 cinnamon sticks
1 lemon zest (only the yellow part)

Optional ingredients:

8-12 cloves, whole 2 Tbsp. Rose hips
Add after pressure cooking and cooling
¾ cup raw honey
Juice of 1 lemon

Instructions:

- Add all ingredients except the honey and lemon juice to the inner liner of the pressure cooker.
- Place lid on and set the steam release knob to the sealing position.
- Press the Pressure Cook (or Manual) button or dial and then the +/- button or dial and select 15 minutes. When the cook cycle finishes, turn off the pot so it doesn't go to the warming setting. Let it fully naturally release the pressure.
- Open the lid and take out the inner pot and strain the liquid into a glass bowl to cool removing all parts of the elderberry except the syrup
- Optional Step: Turn on the Sauté setting to the LOW temperature. Let the syrup simmer and reduce for 5 to 15 minutes, stirring occasionally, until desired thickness is achieved (I personally do not reduce mine).
- When cool, about room temp. add the honey and whisk until fully incorporated (if you add the honey to hot syrup, it will kill off the good properties of the raw honey)
- Add the juice of 1 lemon and whisk. Taste and add more honey if you like it sweeter, or more lemon if you like it tart.
- Transfer the elderberry syrup to a bottle or mason jar with a lid and refrigerate for up to 2 months.

Recipe courtesy of Sandy Clifton-Natural Zing customer