



ORGANIC ELDERBERRY SYRUP KIT

1. Remove pouch from sealed packaging. Makes sure drawstring is tight so no herbs escape.
2. Add pouch to 4 cups of water to a sauce pan and add pouch. Bring to a rigorous boil for 5 minutes and reduce heat to a light boil for about 30 minutes, or until reduced by half.
3. Remove from heat and let cool. Once the tea has cooled to a warm temperature, use a large spoon, potato masher or hands to squeeze the remaining tea from the pouch.
4. Once tea is extracted, you can discard the pouch (or compost content and wash bag to re-use). If you notice any herb particles in the tea, strain with a cheese cloth or fine mesh strainer.
5. Stir in 1 cup of honey (not included in kit). Raw local honey is recommended.
6. Store in a glass bottle or jar in the refrigerator. Use within three months.

Suggested Serving Size:

Adult: 1 TBSP daily • Child 2-12: 1 tsp daily • Toddler 1-2: 1/2 tsp daily