

# ELDERBERRY SYRUP PANTRY KIT

## INGREDIENTS:

- Elderberries
- Cinnamon Sticks
- Star Anise
- Lemon
- Rosehips
- Ginger
- Whole Clove

## SERVING SIZE:

- Adults: 1 Tbs daily
- Children over 1 year:  
1 tsp daily

## DIRECTIONS:

- **Simmer:** Pour contents of bag into simmering bag and place in a pan with 4-6 cups of water. Bring to a boil and simmer for 30-35 minutes.
- **Squish:** Allow contents to cool and gently squish the bag to remove all of the juice from the berries.
- **Sweeten:** Add ½ to 1 cup (to taste) of local raw honey (or maple syrup) to contents and stir.
- **Store:** Pour contents into a mason jar or glass container and store in your refrigerator for up to one month.
- **Enjoy!**

MADE IN A HOME KITCHEN THAT HAS NOT BEEN INSPECTED BY THE MICHIGAN DEPARTMENT OF AGRICULTURE & RURAL DEVELOPMENT.