**Elderberry Tonic Recipe**

3-4 T. elderberries
3 T. rosehips (super rich in vitamin C)
1 T. licorice root (sweet taste and medicinal properties)
1 T. astragalus (for extra immune boosting power)
1 T. ginger (kills cold viruses and many other things)
1 cinnamon stick / ½ T Cinnamon Powder (anti-viral & anti-bacterial)
1/2 T. cloves (anti-viral & anti-bacterial)

**Drop in the herbs into 4 cups of water.**

**Bring water to boil.**

**Cover with lid then turn down heat and allow to simmer for 20 minutes.**

**After the 20 minutes of simmering time is up you will be left with a strong immune boosting tea concentrate.**

**Allow the mixture to cool.**

**Strain and store in a glass jar, in the fridge for up to two weeks (or possibly more).**
 **Use 1-2 T. of this concentrate, pouring it into a cup, fill the rest of the cup up with water and drink**

**one to two times a day for immune strengthening maintenance or drink 2-3 times if you feel a cold (or something) coming on.**

**Elderberry Tonic Tincture:**

Or make an elderberry tonic ***tincture*** by covering these herbs with either (100 proof) vodka or raw apple cider vinegar in a closed, glass jar. Shake 1-2 x per day for a few weeks.

(If you’re concerned about the alcohol simply place the drops in some water and allow to sit for 30 minutes or more and most of it will evaporate away. You can also place it in hot water to help it evaporate more quickly.)

Once done – wring out herbs and use 30-40 drops 1-2 times a day for maintenance. Decrease amount by half for children. Double amount during illness.

**Plain Elderberry Tincture:**

Make a plain elderberry tincture in same way – using only elderberries.

**To make an elderberry tea simply either:**

Boil water and add elderberries into water after unit has been turned off. Cover with lid and allow to steep for 10-20 minutes. Drink 1-2 cups 2-3 times a day. Decrease by half for children. Keep in fridge.

-or-

Simmer water with elderberries in it in a covered pot for 20 minutes. Strain and keep in fridge. Drink ½ - 1 cup 2-3 times a day. Decrease by half for children.