



# ELDERBERRY ELIXIR



## Elderberry Elixir Ingredients:

- 1 tbsp elderberry syrup
- 3 tbsp orange or tangerine juice
- 1 tbsp lemon or lime juice
- 8 oz carbonated water
- Ice

## Elixir Instructions:

- Place 5 ice cubes in a highball glass.
- Pour elderberry syrup and orange juice over ice.
- Squeeze the lemon juice into the glass.
- Stir mixture until well combined.
- Top mixture with carbonated water, garnish and serve.

## Syrup Ingredients:

- 3/4 cup - 1 1/2 cups\* dried elderberries
- 1 cinnamon stick
- 2 inches fresh ginger, sliced.
- 1 tablespoon schisandra berries
- 1/4 cup organic dried orange peel
- 2-3 slices of dried reishi mushroom
- 2 star anise pods
- 4 cups water
- 1 cup raw, local honey

\*The more elderberries, the thicker and stronger the syrup will be.



## Syrup Instructions:

### Stovetop:

Combine elderberries, cinnamon stick, ginger, orange peel, schisandra berries, reishi, anise pods and water. DO NOT ADD THE HONEY. Bring to a boil, reduce heat and simmer, covered, for about an hour.

### Instant Pot:

Combine elderberries, cinnamon stick, ginger, orange peel, schisandra berries, reishi, anise pods and water. DO NOT ADD THE HONEY. Cover and lock. Set to Manual High Pressure for 20 minutes. Allow to depressurize naturally.

Using a mesh strainer, strain the liquid into a glass jar. Use the back of a spoon to mash the berries and extract even more liquid.

Allow liquid to cool to room temp, then add honey, close the lid to the jar and shake vigorously until it is completely dissolved. You can use a blender if you'd like.

Store in the fridge.

