

## Elderberry Syrup Infused with Wild Orange and Cardamom Essential Oils

### Ingredients:

1/2 Cup Organic Dried Elderberries

2 Cups Water

1 Cinnamon Stick

1 tsp Vanilla

Sprinkle of Nutmeg

doTERRA Wild Orange Essential Oil

doTERRA Cardamom Essential Oil

### Directions

Bring dried elderberries and water to a boil in a saucepan. Add in Cinnamon Stick, a sprinkle of Nutmeg, and 1 tsp of Vanilla.

Simmer, uncovered until liquid is reduced by half (about 20 minutes).

Remove pan from heat and allow to cool to room temp (below 95 deg F so you don't disturb the enzymes in your raw honey).

Strain liquid from the elderberry mixture into a container and discard boiled elderberries. Mix in raw honey and essential oils into strained liquid.

Store sealed in a glass jar or bottle in refrigerator for up to 2 weeks.

Typical dosing is 1 tsp a day for adults and 1/2 a tsp a day for children, seasonally as needed. If I feel undesirable symptoms coming on, I take a dose 3x's a day and increase my essential oil usage until symptoms are gone. Do not give raw honey to kids younger than one year old. This suggested dosing is what I do for myself and family and is not a substitute for medical advice. Please use this info to consult with your physician for the best dosing for you.