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homemade berry-licious tonic

**AN EASY DIY IMMUNE BOOSTING SYRUP
FOR YOU & YOUR LOVED ONES!**

\$55.00



berry-licious tonic

Ingredients:

Makes 3.5 qts.

- 1 qt. jar *Borntrager Dairy* Raw Honey
- 1 box *yogi* Echinacea Immune Support Tea (16 bags)
- 1/2 lb. *Bulk Herb Store* Elderberries
- 1 cup *Bragg Organic* Apple Cider Vinegar
- 4 cups boiling water
- 8 cups water

Equipment needed:

- 1 qt. saucepan
- 4 qt. saucepan
- colander
- wooden spoon
- 1 gal. glass jar + 4 to 6 smaller jars for easier pouring

Steps:

- Add the teabags to the boiling water (in 1 qt. saucepan) & cover. Allow the tea to steep for at least 30 minutes.
- Place 8 cups water & dried elderberries in the 4-qt saucepan. Bring to a boil, then lower temperature & cover so that it remains at a gentle simmer. Simmer together for at least 30 minutes. Berries should be soft & easily mashed.
- Remove tea bags, squeeze & set strong tea aside.
- Once berries have finished simmering, remove from heat and allow to cool. After cooling, pour juice through a fine mesh colander into a wide mouthed gallon jar. Use wooden spoon to move the berry pulp around getting all the juice out.
- Add tea mixture to the elderberry juice. Add honey & 1 cup of apple cider vinegar. *Stir very well.*
- Store in refrigerator for up to 6 months. Can be poured into smaller glass bottles for easier serving. Shake well before serving.
- Serving suggestions: Take daily for immune-boosting! Take up to 4-6 times if you are having any flu-like symptoms.*
Adults: 1 Tbsp., Children 4-12: 1 tsp., Children 1-4: 1/2 tsp.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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