

Elderberry Syrup



1 cup dried European elderberries
1 cup blueberries (fresh or frozen)
3 cups water
3/4 cup local raw honey
9 drops Thieves Vitality
9 drops Lemon Vitality
9 drops Orange Vitality

Bring elderberries, blueberries and 3 cups of water to a boil. Reduce and simmer for 45 minutes. Using a fine mesh strainer, strain all liquid into a bowl. Using the back of a spoon, press lightly on berries to get all the liquid out. Let juice cool slightly and then add honey. Stir to dissolve. Add essential oils. Pour into a storage bottle and cool completely before refrigerating.

Adults take 1 TBS daily, kids take 1 tsp daily. If you are sick do this 3 times a day. In severe sickness take 1/2 tsp every hour until better. Repeat 3 times a day to build immune system for a few days then resume regular daily use.

HATTIEWIGINTON.COM

Elderberry Syrup



1 cup dried European elderberries
1 cup blueberries (fresh or frozen)
3 cups water
3/4 cup local raw honey
9 drops Thieves Vitality
9 drops Lemon Vitality
9 drops Orange Vitality

Bring elderberries, blueberries and 3 cups of water to a boil. Reduce and simmer for 45 minutes. Using a fine mesh strainer, strain all liquid into a bowl. Using the back of a spoon, press lightly on berries to get all the liquid out. Let juice cool slightly and then add honey. Stir to dissolve. Add essential oils. Pour into a storage bottle and cool completely before refrigerating.

Adults take 1 TBS daily, kids take 1 tsp daily. If you are sick do this 3 times a day. In severe sickness take 1/2 tsp every hour until better. Repeat 3 times a day to build immune system for a few days then resume regular daily use.

HATTIEWIGINTON.COM

Elderberry Syrup



1 cup dried European elderberries
1 cup blueberries (fresh or frozen)
3 cups water
3/4 cup local raw honey
9 drops Thieves Vitality
9 drops Lemon Vitality
9 drops Orange Vitality

Bring elderberries, blueberries and 3 cups of water to a boil. Reduce and simmer for 45 minutes. Using a fine mesh strainer, strain all liquid into a bowl. Using the back of a spoon, press lightly on berries to get all the liquid out. Let juice cool slightly and then add honey. Stir to dissolve. Add essential oils. Pour into a storage bottle and cool completely before refrigerating.

Adults take 1 TBS daily, kids take 1 tsp daily. If you are sick do this 3 times a day. In severe sickness take 1/2 tsp every hour until better. Repeat 3 times a day to build immune system for a few days then resume regular daily use.

HATTIEWIGINTON.COM

Elderberry Syrup



1 cup dried European elderberries
1 cup blueberries (fresh or frozen)
3 cups water
3/4 cup local raw honey
9 drops Thieves Vitality
9 drops Lemon Vitality
9 drops Orange Vitality

Bring elderberries, blueberries and 3 cups of water to a boil. Reduce and simmer for 45 minutes. Using a fine mesh strainer, strain all liquid into a bowl. Using the back of a spoon, press lightly on berries to get all the liquid out. Let juice cool slightly and then add honey. Stir to dissolve. Add essential oils. Pour into a storage bottle and cool completely before refrigerating.

Adults take 1 TBS daily, kids take 1 tsp daily. If you are sick do this 3 times a day. In severe sickness take 1/2 tsp every hour until better. Repeat 3 times a day to build immune system for a few days then resume regular daily use.

HATTIEWIGINTON.COM