

Herbal Syrup Recipes & Ingredients

Elderberry Immune Support Syrup

Ingredients:

- 1 cup dried elderberries
- 4 cups water
- 1 tbsp fresh ginger, sliced
- 1 tsp cinnamon (or 1 stick)
- 1 tsp whole cloves
- 1 cup raw honey

Instructions: Simmer elderberries, water, ginger, cinnamon, and cloves over low heat for 45 minutes. Strain and cool. Stir in honey. Store in a glass jar in the refrigerator for up to 3 months.

Licorice & Marshmallow Root Cough Syrup

Ingredients:

- 1/2 cup licorice root
- 1/2 cup marshmallow root
- 4 cups water
- 1 tsp cinnamon
- 1 cup raw honey or glycerin

Instructions: Simmer herbs and cinnamon in water for 30-40 minutes. Strain and cool. Stir in honey or glycerin. Store in the fridge for up to 2 months.

Lemon Balm & Chamomile Sleep Syrup

Ingredients:

- 1/2 cup dried lemon balm
- 1/2 cup dried chamomile flowers

- 3 cups water
- 1/2 cup raw honey

Instructions: Simmer herbs in water for 25 minutes. Strain and let cool. Add honey and stir well. Take before bed for relaxation and sleep support.

Dandelion & Burdock Detox Syrup

Ingredients:

- 1/2 cup dried dandelion root
- 1/2 cup dried burdock root
- 4 cups water
- 1 tbsp orange peel (optional)
- 3/4 cup honey or maple syrup

Instructions: Simmer roots and optional orange peel in water for 40-50 minutes. Strain and stir in sweetener.

Store in a jar and take daily to support liver and skin health.