



# Basic Elderberry Syrup

YIELD: 16 OZ

PREPPING TIME: 5 MIN

COOKING TIME: 30 MIN

## Ingredients

- 1 Pint (16 oz.) Water
- 1 Cup Raw Honey
- 4 oz. Dried Elderberries

## Directions

1. Add the elderberries to a stockpot.
2. Cover with water until about even level, approximately 2 cups.
3. Bring to a gentle boil, then reduce the heat to simmer or low. Cover with the lid.
4. Simmer on the lowest setting for 30 minutes or until the mixture has reduced by half.
5. Turn off the heat, allow to cool about 10 minutes.
6. Pour the elderberry decoction into a glass measuring cup or measuring vessel. This mixture should be about 8 oz.
7. Return the decoction to the stove and add equal parts honey to this mixture. Turn the heat on low.
8. Allow the honey to heat up, just until it mixes well. If desired, cook additionally until it thickens to a true syrup consistency.
9. Transfer to a mason jar and store in the refrigerator for up to 3 weeks.



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*Elderberries are known for their immune boosting benefits. Filled with anthocyanins and antioxidants, this dark purple syrup can actually stop viruses from entering into the cell wall. Take 1-2 tsp daily for adults on or at the onset of illness.*



# Elderflower Syrup

YIELD: 16 OZ

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

## Ingredients

- 1 Pint (16 oz.) Water
- 1 Cup Raw Honey
- 2 oz. Dried Elderflower
- 0.5 oz. Dried Yarrow Flowers
- 2x2 in. Ginger Slice, Roughly Sliced



## Directions

1. Roughly chop the ginger into slices, peeling is not necessary unless your ginger is very dirty.
2. Add all of the ingredients to a small pot.
3. Cover with water until about even level, approximately 2 cups. Cover with a tight-fitting lid.
4. Simmer on the lowest setting for 20 minutes or until the mixture has reduced by half. It is important that you keep it on low heat.
5. Turn off the heat, allow to cool about 10 minutes.
6. Pour the infusion into a glass measuring cup or measuring vessel. This mixture should be about 8 oz.
7. Return the infusion to the stove and add equal parts honey to this mixture. Turn the heat on low.
8. Allow the honey to heat up, just until it mixes well.
9. Transfer to a mason jar and store in the refrigerator for up to 3 weeks. This is a runny syrup.

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*Elderflowers have relaxing diaphoretic and expectorant properties. Whereas one might use an elderberry syrup at the onset of illness, elderflowers can be more beneficial when there are current flu like symptoms. When a fever is too high or a cough is spasmodic, this syrup is what I'd reach for. Add this to the Ginger Decongest or Cry Cough teas as a booster and sweetner.*



## Chocolate Chaga Milk

YIELD: 12 OZ

PREPPING TIME: 5 MIN

STEEP TIME: 4 HOURS

### Ingredients

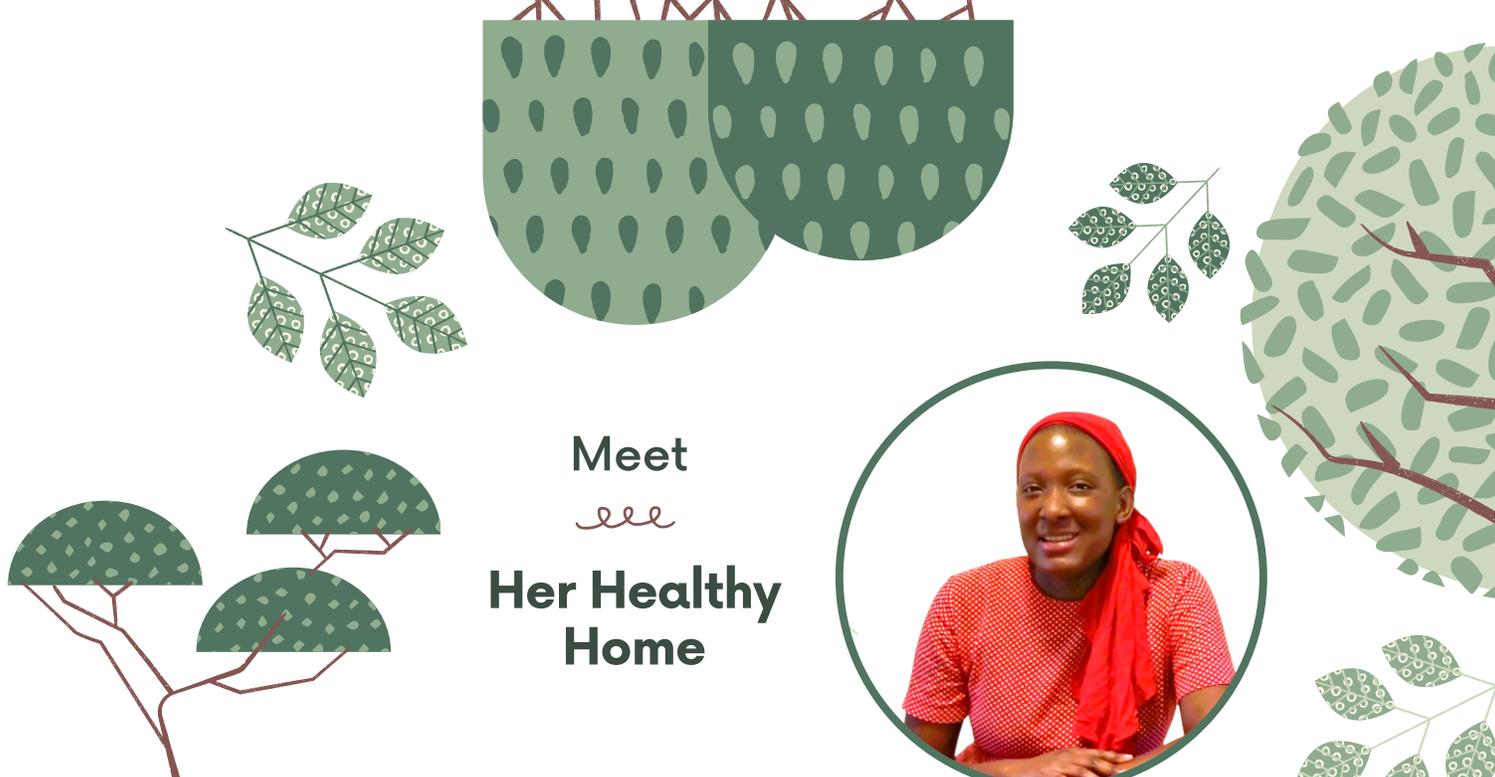
- 1 Cup Non-Dairy Milk
- 1/2 Cup Water
- 1 Tbsp Cacao Powder
- 1 Tsp Chaga Powder
- 1 Tsp Dried Rose Petals
- 1 Cinnamon Stick
- 1/4 Tsp Vanilla Extract
- 1/8 Tsp Whole Cloves
- 1/8 Tsp Dried Stevia

### Directions

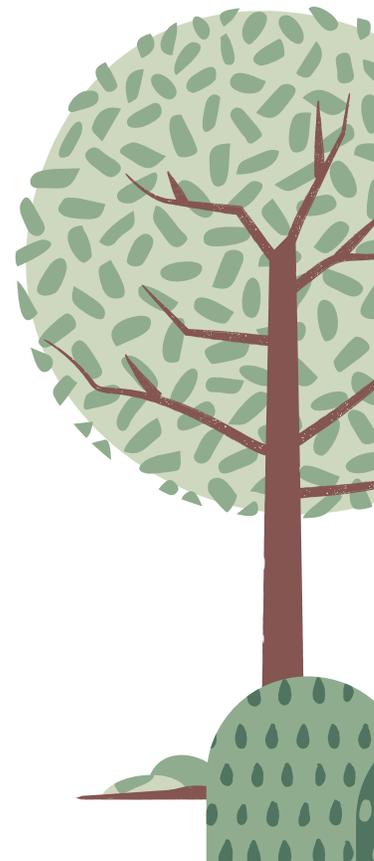
1. Add all the ingredients to a small stockpot.
2. Mix thoroughly with a spoon, apply the lid.
3. Bring to a boil, and remove from the heat. Allow to steep 5-10 minutes.
4. Strain and serve.
5. Serve with freshly grated chocolate and whipped coconut cream if desired. Optional: Add honey to sweeten to taste.



*Enjoy the traditional hot cocoa taste without the added sugar and preservatives. Cacao and Chaga are antioxidant rich sources that can help boost energy and focus. Cinnamon and clove gently boost digestion while providing antiviral properties.*



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Her Healthy  
Home



**About Me**

*eee*

Hey! My name is KhadiYah Preciado. I have been using essential oils and making my own products for almost a decade. I'm a young stay at home mom with a passion for living a naturally healthy life and I want to teach you how to do the same.

**Courses**

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  - Good Smells: Perfume & Diffuser Blending for Beginners

**I'd Love For You to Join Me!**

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