

# NYBG

## **Material for *Elderberry Syrup Making Class***

- 1, 32oz. mason jar or glass container, label and marker
- 1 Cup Organic Dry Elderberries
- 4 Cups of Water
- 3 Cloves
- Small piece of Ginger
- Cinnamon
- Turmeric and Black Pepper
- Cheesecloth and strainer to strain
- 1 medium size pot and access to the stove.
- 1 Cup Raw Organic Honey (optional for desired taste)