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RECIPE:

- *Strip a few kilos of Elderberries from stalks.*
- *Cover with water in a pan and bring to boil. Simmer for 30 mins until soft.*
- *Strain (seeds are harmless, but bitter).*
- *For every 600ml liquid, add 450g sugar, juice of 1 lemon, 10 cloves.*
- *Return to heat, add 2cm ginger - simmer until sugar dissolves.*
- *Boil for 10 minutes, let cool, remove ginger/cloves.*

INSTRUCTIONS:

Have as a hot toddy 1-2 times a day when feeling a wee bit snuffly.

SIGNATURE:

DATE:

05 / 11 / 2016