



SEPTEMBER'S RECIPE

---

# *LAVENDER BLUE*

a simple syrup recipe for immune support & sweet  
relief



) (

MOON BY MOON APOTHECARY

## you'll need

- 2 cups of dried elderberries
- 1 handful of fresh or dried lavender
- 1 stick of cinnamon
- 2-3 tsps. of cardamom pods
- 5 cups of water
- 1 cup of raw, local honey (substitute maple syrup or agave for a vegan/infant-friendly recipe)\*\*
- 1 cup of brandy is optional to keep a longer shelf life

\*\*you can also double the amount of your sweetener to lengthen the shelf life of your syrup

## recipe

- combine your elderberries, lavender, & herbs with 5 cups of water in pot & bring to a boil
- reduce the heat & simmer 30-40 minutes
- remove from heat & let steep 1-2 hours
- strain this strong tea with a sieve or cheesecloth into a clean pot
- once your tea has cooled to just above room temperature, add honey (or your sweetener of choice) & stir it well, allowing it to dissolve & incorporate
- if using brandy, add now & stir well
- pour into clean, sterilized bottles/jars
- add a label to it!

enjoy on its own or added into tea, seltzer, over pancakes, oatmeal, or anything else you'd like to add a little sweetness to ~