

## Elderberry drink

**BBC**  
RADIO



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## Ingredients

½ litre elderberries  
2 tbsp runny honey  
juice of a lemon  
Boiling water

## Method

1. Pick berries when perfectly ripe.
2. Wash and strip off stalks with a fork.
3. Place in a container and add the honey.
4. Then add the lemon juice and top up with boiling water.
5. Allow to sit until cold.
6. Strain, pushing berries through a sieve with the back of a spoon and collect the drink below.
7. Serve chilled or with ice