

## Alcohol-Free Hawthorn Berry Syrup

1/2 c. dried Hawthorn berries or 1 cup  
fresh Hawthorn berries  
2 cups distilled water  
1 Tablespoon fresh grated ginger  
1/2 cup raw honey

In a pot add the water, hawthorn berries and ginger. Cover with a lid and bring to a boil. Reduce the heat to a simmer. Simmer until the liquid reduces by 1/2. Using a potato masher or the back of a fork or spoon, mash the berries to draw out more of the juice. Strain through a fine mesh sieve. Add 1 cup of honey and stir to combine. Store in an airtight container in the fridge. This syrup will not last as long as an alcohol tincture or glyceride and is not shelf stable, but it is a great alternative for those who are looking for an alcohol free recipe that is quick and easy to make.

