

# Cabinet Creations

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## Elderberry Oxymel

- Seasonal Support • Throat Soothing • Bright & Balanced
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### Prep:

- 20 minutes

### Shelf life:

- 4-6 months  
(chilled)

### Ingredients:

- 1 cup distilled water
- 2 Tbsp dried elderberries
- ½ cup raw honey
- ½ cup raw apple cider vinegar

### Method:

- Simmer elderberries in distilled water for 15-20 minutes to create a concentrated decoction.
- Strain thoroughly and allow the liquid to cool until warm, not hot.
- Stir in honey until fully dissolved.
- Add apple cider vinegar and mix well.
- Transfer to a clean glass jar and refrigerate.

### Use:

- Take 1 teaspoon daily during seasonal transitions or as needed.
- May also be diluted in warm water as a tonic.
- External throat support only.

### Apothecary Notes:

- Elderberry - traditionally valued for seasonal immune support
- Honey - demulcent and preservative
- Apple Cider Vinegar - enhances extraction and stability

