

## Therapeutic Winter Wine Elixir (Herbal Wine)

Immune boosting, digestive support, circulatory support and very warming to the soul

### Ingredients:

16oz Brandy

1 bottle of sweet red wine (doesn't have to be expensive, but preferably a local variety and organic is even better!)

### Following Dried ingredients:

2 ounces rose hips (chopped lightly in the grinder)

¼ tsp cardamom pods

2 cinnamon sticks (1 if they are large and I like to break mine up to open the oils)

2.5 ounces elderberries

.5 ounce of elderflower

4 ounces of Hawthorn Berries (chopped lightly in the grinder)

3 whole cloves

1 star anise

1/8 tsp pepper corns

1 Mandarin orange peel (can be fresh or dried, if dried chop to open up oils)

3 tbs of black strap molasses or 6 ounces of maple syrup (you can also combine these 2 depends on your taste) I haven't tried it, but I'm sure raw honey could be a substitute too.

2-3 coarsely chopped figs or dates (not seeds)

Combine all ingredients and bring to a simmer (not a boil). Transfer to a large mason jar or jars. Put lid on tight and you can either put it in a hot water bath for about 6 hours or you can allow the wine to steep in the herbs for about 14 days in a dark place before straining or you can do both for even more concentrated ingredients. Serve in small glasses as a treat before or following meals or on those cold winter days.

[recipe adapted from Dina Falconi Foraging & Feasting]