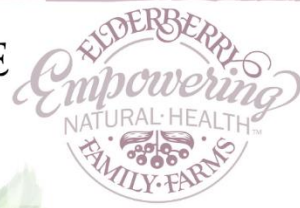


ELDERBERRY STRAWBERRY SHAKE



Ingredients:

- 1 1/2 cups frozen strawberries
- 3/4 cup full fat coconut milk or half-and-half
- 1/4 tsp vanilla
- 1 TBS Elderberry Family Farms Elderberry Syrup
- 1 1/2 TBS raw sugar or honey (or to taste)
- Strawberries for garnish (optional)

Place all ingredients in a blender and blend on high speed until smooth. Pour into a chilled glass, garnish with strawberries and serve immediately. Enjoy!

Recipe by Anne Marck

What we've discovered, as we explore recipe ideas, is that you can use our Elderberry Syrup anywhere a little natural sweetener is needed. Yup. You can use our Elderberry Syrup just like honey.

Because, well, it is honey! With the added goodness of elderberries, lemon, and spices.

Not only does it provide a little splash of sweetness, the extra flavors meld well with almost anything.

We tried adding it to a frozen strawberry shake recipe and wow! Those extra flavors really make this a special treat. And because the ingredients are all natural, without the additives and loads of sugar found in commercial ice creams, you can feel good about serving it to your family.

Helpful Tips:

Honey is sweeter than sugar. Use a little less when you are substituting honey for sugar. Melt the honey in a tablespoon of warm water before adding it. If your shake is too thin, add a few extra berries to thicken it up. If it is too thick, add a little more milk, one tablespoon at a time, until desired consistency is reached.