

Chocolate Syrup with Elderberries and Rose Hips

Ingredients:

1/2 cup of elderberries

1/2 cup of rose hips

2 cups of water

2 Tablespoons of cocoa powder (look for organic, fair trade and 100% cocoa)

1 teaspoon of cinnamon

pinch of freshly grated nutmeg

Honey to taste

Simmer the elderberries and rosehips in 2 cups of water for 20 minutes. Strain well. Whisk in the cocoa powder, cinnamon and nutmeg. Add honey to taste while the mixture is still warm. Mix well. This syrup can be drizzled on ice cream, bananas, or enjoyed on pancakes...