



Lemon Thyme Cough Syrup

Ingredients:

- 6 ounces extra-virgin olive oil
- 3 lemons, sliced
- Fresh sprigs of sage, rosemary, and thyme
- 6 ounces raw local honey
- Optional: 1-inch piece of fresh turmeric or ginger root, grated

Directions for the cough syrup:

1. Add all the ingredients, except for the honey, to a small saucepan set over medium heat. Infuse for 5 minutes, then remove from the heat and let it cool.
2. Once cool, strain, mix the honey in well and store in a sterilized mason (preserving) jar or another container with a tight-fitting lid.
3. Keep in the fridge for 3 months.

Here is a DIY cough syrup made from kitchen cupboard staples, to help you combat cough and reduce inflammation in the throat. Sip it by the tablespoon until your itchy, scratchy throat is content. Honey and lemon combine anti-fungal herbs to open up the airways, and loosen up and expel mucus from the lungs. ~ **Recipe by Tanita de Ruijt, in her book Tonics: Delicious & Natural Remedies to Boost your Health.**