



## HONEY + GINGER COUGH SYRUP

- zest of 2 lemons • 1/4 cup ginger, peeled and sliced
- 1 cup water • 1 cup honey • 1/2 cup lemon juice

In a small saucepan, add lemon zest, sliced ginger and 1 cup of water, and stir to combine. Bring to a boil and simmer for 5 minutes. Strain into a cup or jug and set aside. Rinse out the saucepan and pour in honey. Warm honey over a low heat. Do not let it boil. Add the strained lemon ginger water and lemon juice. Stir until it forms a thick syrup. Pour into a clean jar with a lid. This can be refrigerated for up to 2 months.

*Directions: For children ages 1-5, use 1/2-1 teaspoon every 2 hours. For children ages 5-12, use 1-2 teaspoons every 2 hours. For children 12+ and adults, use 1-2 tablespoons every 4 hours. \*Honey is recommended for children OVER the age of one.*