



Harriet Herbery

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# ELDERBERRY GINGER & HONEY LOZENGES

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## Ingredients

### Ginger & Elderberry Tea

2 cups water

60g fresh ginger grated

2tbsp dried elderberries

### Lozenges

1/4 cup ginger & elderberry tea

1/4 cup coconut sugar

1/4 cup honey

1/4 tsp cream of tartar

1 cup iced water

# Procedure

## First make the tea

- place all the tea ingredients in a saucepan
  - bring to the boil
  - simmer about 10 minutes
  - strain and reserve liquid
- (can store liquid to use as tea, or add to old drink such as soda water if not making lozenges)

## Lozenges

- place liquid sugar, honey, and cream of tatar in a saucepan over medium heat
  - stir until it comes to the boil
  - once boiling do not stir
- leave to gently boil for about 20-30 minutes
- at about 25 minutes start testing by dripping a small amount with a teaspoon into iced water to see if it immediately hardens to toffee
  - when this happens pour evenly into silicone mold
  - place mold into fridge or freezer until set
  - break and place into glass container in the fridge
  - it helps to separate the layers with baking paper to prevent the lozenges from sticking together