

GINGER HONEY COUGH SYRUP

Ingredients:

zest of 2 lemons

1 cup water

1 cup EFF Ginger Honey

1/2 cup - lemon juice

Warm the honey in a small saucepan over low heat, but do not allow it to boil. Add the water, lemon juice, and lemon zest. Stir the mixture until it combines to form a thick syrup.

Pour into a clean jar with a lid.

Cook's Note: This can be refrigerated for up to 2 months.

Credit: This recipe was originally created by the National Honey Board at <https://honey.com/> and adapted by Elderberry Family Farms to use our line of gourmet honey products.

Recipe by Anne Marck



Soothe your throat and support your immune system with **Ginger Honey Cough Syrup**, a natural blend of powerhouse ingredients known for their healing properties.

This syrup is designed to ease coughs, calm irritation, and provide lasting comfort—without artificial additives.