



## DIY HONEY GINGER COUGH DROPS

### INGREDIENTS

1 1/2 cups honey

1/4 raw apple cider vinegar

1 tsp ginger juice or 1" piece of ginger, peeled and sliced (add the juice at the end of the boiling time, slices need to be added to the boiling the honey immediately)

4 drops eucalyptus essential oil (optional, read above about ingesting essential oils)

Vitamin C crystals or Acerola cherry powder for dusting

tools: candy thermometer, silicone molds

### INSTRUCTIONS

Pour the honey and vinegar into a medium saucepan. Add the ginger slices here if you're using these. Attach the candy thermometer to the rim of the pot. Bring the honey to a boil. Reduce the temperature a little, but keep the honey boiling until the temperature on the thermometer reaches the hard crack stage of the candy at 300° F/150° C. You can carefully test it by dropping a little bit of hot honey into a jar with ice cold water. The honey should harden to a solid candy. At this point, immediately remove the pot from the heat. If you're using ginger juice, stir it in. Stir in the eucalyptus oil. Let cool for a couple of minutes. Carefully pour the honey mixture into the silicone molds. Let cool completely. Refrigerate for an hour, then remove the candy from the molds and roll in vitamin C crystals. Add the candy to a container in a single layer and make sure to place parchment paper in between layers. Refrigerate for storage.

Tip for candy-making: always keep an eye on the boiling honey and if necessary, adjust the temperature!

Guten Appetit!