



# Garlic Ginger Manuka Cough Syrup

EASY • 5 MINS

Create the ultimate spoonful of goodness with this garlic, ginger and Capilano Manuka Honey cough syrup. A trusty, natural home remedy for sore throat relief, that harnesses the antimicrobial and health-supporting benefits of our Aussie Manuka.



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**FERMENTING TIME**  
2 weeks

**SERVINGS**  
24 (1 tsp)

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- ½ cup Capilano Active Manuka Honey
- 10 small garlic cloves (or 5 large)
- 1 piece ginger, 1-2 inches (2-4cm)
- Water (optional)
- Lemon juice (optional)

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

## Method

1. Peel garlic cloves and ginger, put them into a jar, and cover with Capilano Manuka Honey.
2. Set in a warm place for 2 weeks or more until garlic and ginger turns opaque.
3. Dilute with a dash of water and a squeeze of lemon juice (optional).
4. Take 1 teaspoon as needed for sore throat relief, or add to your savoury recipes.
5. Storage tip: Fermented honey is naturally antibacterial, and can be kept for up to 3 months when sealed and left in a cool dark cupboard.

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