



Manuka Lemon and Thyme Cough Syrup

EASY • 5 MINS

Create your own homemade cough syrup with bioactive Manuka honey, zesty lemon and thyme leaves. A jar of this natural home remedy is a must-have for when a scratchy throat strikes – plus you get to benefit from the naturally occurring minerals, trace elements, vitamins, polyphenols, proteins and enzymes Manuka has to offer.



SKILL LEVEL
Easy

PREP TIME
5 mins

SERVINGS
24 (1 tsp)

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Ingredients

- 1/2 cup **Capilano Active Manuka Honey**
- 1 fresh lemon chopped, cut into wedges, or sliced into coins
- A handful of fresh garden thyme or organic dried thyme

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. Layer the thyme and lemon pieces in a mason jar and cover with Capilano Manuka Honey. Ensure the lemon is completely submerged.
2. Remove any bubbles by running an air bubble remover or butter knife around the inside of the jar.
3. Place in the refrigerator. The honey will naturally pull liquid from the lemons, creating a watery texture.
4. Shake before use. Take 1 teaspoon as needed.
5. Storage: When sealed, this syrup can be kept in the refrigerator for up to 2 months.
6. Tip: Dilute in warm water for a herbal and fragrant tea

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