



## Berry Manuka Cough Syrup

EASY • 10 MINS

Berry sweet, this natural cough mixture is perfectly soothing for kids! Simply combine frozen or fresh berries, bioactive Capilano Manuka honey and a hint of mint and they'll have a spring in their step in no time!



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**SERVINGS**  
24 (1 tsp)

### Ingredients

- 1/2 cup [Capilano Active Manuka Honey](#)

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

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- 1 cup of frozen berries
- 1 cup water
- 1/2 fresh mint leaves

## 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. Add frozen berries, water and mint leaves to a pan and bring to the boil. Reduce the heat and simmer while stirring for about 5 minutes, or until the berries have cooked down.
2. Remove from the heat. Strain well.
3. Add Capilano Manuka Honey and stir to help dissolve.
4. Transfer and store in an air tight glass jar.
5. Storage: Keep in the refrigerator for up to two months, shaking before use

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