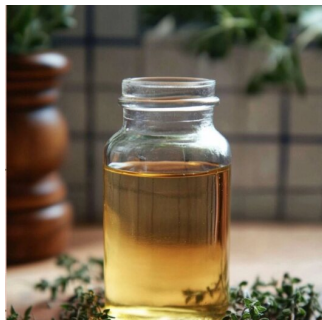


Thyme Syrup - A Natural Remedy for Coughs, Colds, and More

Thyme Syrup - A Sweet Herbal Boost for Comfort and Wellness



TIME
20 min

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INGREDIENTS

10 sprigs fresh thyme

1 cup water

3/4 cup raw honey

Notes & Ingredient Tips:

Fresh Thyme: Fresh is best, but dried thyme can be substituted in a pinch (use 2 tablespoons dried).

Raw Honey: Provides soothing, antibacterial qualities. Local honey is great if available.

Optional Add-ins: A slice of fresh ginger or a cinnamon stick during simmering adds warming depth.

How to Make Thyme Syrup:

Step 1: Rinse the Thyme:

Step 2: Simmer:

Step 3: Strain:

Step 4: Add Honey:

Step 5: Store:

Tips for Success:

Don't boil the honey-adding it to hot liquid can destroy some of its beneficial enzymes.

Label the jar with the date to track freshness.

Shake before using if the syrup separates slightly in the fridge.

How to Use Thyme Syrup:

By the spoonful during cold season (1 tsp every few hours)

Stirred into herbal tea, green tea, or hot lemon water

Mixed into warm water with a splash of apple cider vinegar for a tonic

Added to sparkling water or blueberry lemonade for an herbal spritz

Drizzled over yogurt, pancakes, or banana pudding

As a cocktail ingredient-it pairs well with gin, vodka, or bourbon for a fragrant twist

Storage & Shelf Life:

Refrigerate in an airtight glass container.

Shelf Life: Up to 4 weeks.

Freeze in ice cube trays for longer storage and quick single servings.

More Recipes You'll Love:

[Blueberry Lemonade](#)

[3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies](#)

[No-Bake Monster Cookie Energy Balls](#)

[Edible Cookie Dough](#)

[Big Family Banana Pudding](#)

Final Thoughts:

DIRECTIONS

1. **Step 1: Rinse the Thyme:** Gently rinse thyme sprigs under cool water to remove dirt or residue.
2. **Step 2: Simmer:** In a small saucepan, combine thyme and water. Bring to a gentle simmer over low heat and let it steep for 20 minutes, uncovered.
3. **Step 3: Strain:** Remove from heat and strain the thyme leaves out of the liquid. Discard or compost the herbs.
4. **Step 4: Add Honey:** Allow the thyme-infused water to cool slightly (warm but not hot), then stir in the honey until fully dissolved.
5. **Step 5: Store:** Pour into a clean jar or bottle with a tight lid. Store in the refrigerator for up to 4 weeks.
6. **Tips for Success:** Don't boil the honey-adding it to hot liquid can destroy some of its beneficial enzymes.
7. Label the jar with the date to track freshness.
8. Shake before using if the syrup separates slightly in the fridge.
9. **How to Use Thyme Syrup:** This syrup is as versatile as it is soothing. Try it:
10. By the spoonful during cold season (1 tsp every few hours)
11. Stirred into herbal tea, green tea, or hot lemon water
12. Mixed into warm water with a splash of apple cider vinegar for a tonic
13. Added to sparkling water or blueberry lemonade for an herbal spritz
14. Drizzled over yogurt, pancakes, or banana pudding
15. As a cocktail ingredient-it pairs well with gin,

vodka, or bourbon for a fragrant twist

16. Storage & Shelf Life: Refrigerate in an airtight glass container.
17. Shelf : Life: Up to 4 weeks.
18. Freeze in ice cube trays for longer storage and quick single servings.
19. More Recipes You'll Love: Pair this syrup with other comforting and energizing favorites:
20. Blueberry : Lemonade
21. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies
22. No-Bake : Monster Cookie Energy Balls
23. Edible : Cookie Dough
24. Big : Family Banana Pudding
25. Final Thoughts: This homemade Thyme Syrup brings together time-tested herbal healing and sweet flavor in one beautiful little bottle. Whether you're easing a cough, sweetening your tea, or crafting a cozy cocktail, this natural remedy is a gentle way to support your body and treat your taste buds.

SWAPS & NOTES

& Ingredient Tips Fresh Thyme : Fresh is best, but dried thyme can be substituted in a pinch (use 2 tablespoons dried).

Raw Honey : Provides soothing, antibacterial qualities.

Optional Add-ins : A slice of fresh ginger or a cinnamon stick during simmering adds warming depth.

TIPS FOR SUCCESS

Don't boil the honey -adding it to hot liquid can destroy some of its beneficial enzymes.

Label the jar with the date to track freshness.

Shake before using if the syrup separates slightly in the fridge.

How to Use Thyme Syrup This syrup is as versatile as it is soothing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/thyme-syrup-a-natural-remedy-for-coughs-colds-and-more/>