

Honey Ginger Hard Candies: Sweet, Spicy & Totally Soothing

I adore how these candies combine the



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INGREDIENTS

3 tablespoons honey
¾ cup white sugar
2 teaspoons ground ginger powder
1 tablespoon water
20 drops lemon essential oil (optional, for citrusy zing)

DIRECTIONS

1. Step 1: Prep Your Molds: Place your candy molds on a parchment-lined tray to catch drips and make cleanup easy.
2. Step 2: Make the Syrup: In a medium saucepan, combine honey, sugar, ginger, and water. Stir over medium heat until fully dissolved. Attach your candy thermometer and heat to 300°F (149°C) without stirring once it starts bubbling.
3. Step 3: Add Flavor & Pour: Once it hits 300°F, remove from heat and let the bubbles settle. If using lemon essential oil, stir it in now.
4. Carefully pour the hot syrup into candy molds. Use a spoon if needed for precision.
5. Step 4: Cool & Unmold: Let the candies cool at room temperature for about 1 hour. Once hardened, gently pop them out of the molds.

SWAPS & NOTES

& Tips Honey : Use raw or local honey for an extra boost of flavor and wellness.

Ginger powder : For a spicier kick, use fresh grated ginger-but strain it out before pouring into molds.

Lemon essential oil : Adds brightness and depth-optional but highly recommended.

Candy thermometer : Hitting 300°F (the hard-crack stage) is key for perfect texture. ???

TIPS FOR SUCCESS

Don't skip the thermometer -it ensures the candies harden properly.

Move fast when pouring-the syrup sets quickly.

Store in an airtight container with parchment between layers to prevent sticking.

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