

Homemade Thyme and Honey Cough Syrup - Soothing & Simple

Thyme and Honey Cough Syrup: A Homemade Remedy That Works Wonders



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INGREDIENTS

- 1/2 cup raw honey
- 1 lemon, sliced into half moons
- A handful of fresh thyme
- 1 inch fresh ginger root, sliced
- 1 cup water
- 1 sterilized glass jar with an airtight lid

DIRECTIONS

- 1. Sterilize the Jar:** Pour boiling water or vinegar into your jar and let it sit for a few minutes, then pour it out. This helps extend shelf life.
- 2. Mash the Lemon:** Add lemon slices to the jar and mash gently with a spoon to release the juices.
- 3. Add Honey:** Pour in the raw honey and stir until the lemon is completely coated.
- 4. Make the Herbal Tea:** In a small saucepan, bring 1 cup of water to a boil. Add thyme and ginger, then reduce to a simmer. Let it cook until reduced by half.
- 5. Strain & Combine:** Let the mixture cool slightly, then strain out the solids. Pour the warm tea into the jar with the honey-lemon mixture and stir well.
- 6. Store:** Seal the jar and refrigerate. Use within 1 month.

SWAPS & NOTES

& Benefits of Each Ingredient
Thyme: Antibacterial and expectorant, thyme helps soothe coughs and loosen mucus.

Raw Honey: Natural antibacterial properties and throat-coating abilities make this a must-have for soothing irritation.

Lemon: Rich in vitamin C and adds a fresh, tangy brightness.

Ginger: Known for its anti-inflammatory properties and warming effect on the body.

TIPS FOR SUCCESS

Don't Overheat the Honey: Let the tea cool a bit before mixing so the honey retains its raw benefits.

Use Organic Ingredients: Especially for lemons since you're using the peel.

Stir Before Each Use: The ingredients may separate slightly when chilled.

How to Use It For Cough Relief: Take 1 tablespoon straight from the spoon.

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Original recipe: <https://chefmaniac.com/homemade-thyme-and-honey-cough-syrup-soothing-simple/>