

RASPBERRY SYRUP FOR SORE THROATS/TICKLY COUGHS ©

INGREDIENTS

300g raspberries

Juice of 2-3 oranges

300ml water

Honey to sweeten (or a little caster sugar)

Note: various other combinations of fruit are good too, eg blackberry/lime, strawberry/lemon, wild morello cherry/strawberry/orange – all good for vitamin C boosts.

TO PREPARE

- 1) Mix the berries, orange juice and water together in a pan.
- 2) Put on a low/medium heat for 25/30 minutes.
- 3) Sieve mixture into another pan.
- 4) Add honey and heat until dissolved.
- 5) Simmer for 15 minutes.
- 6) Drink a glass & store any excess in a cool, dry place (not fridge)
- 7) Add water as necessary to make it a cordial rather than syrup.