



# Vegan Herbal Cough Drops

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## Ingredients

- 1 cup organic cane sugar or coconut sugar
- ½ cup water
- 2 tbsp lemon juice (fresh)
- 2 tbsp agave syrup or maple syrup (helps with smooth texture + soothing throat)
- 1 tsp ginger powder (warming + anti-inflammatory)
- 1 tsp turmeric (optional, for immune boost)
- ½ tsp ground cinnamon (optional, soothing & tasty)
- 5–10 drops food-grade peppermint oil or eucalyptus oil (classic menthol-like relief)

## Instructions

### 1. Prepare a tray:

Line a baking sheet with parchment paper or a silicone mat. Lightly dust with powdered sugar or cornstarch (prevents sticking).

### 2. Cook the syrup:

- In a saucepan, combine sugar, water, lemon juice, and agave.
- Bring to a boil and cook until the mixture reaches the hard crack stage (300°F / 150°C on a candy thermometer).
- Remove from heat immediately.

### 3. Add flavors:

Quickly stir in ginger, turmeric, cinnamon (if using), and peppermint/eucalyptus oil.

### 4. Shape the drops:

- Carefully spoon small dollops onto the prepared sheet (they will harden as they cool).
- Or, pour into silicone molds for perfectly shaped drops.

### 5. Cool & store:

- Let harden completely, then dust with powdered sugar to prevent sticking.
  - Store in an airtight container in a cool, dry place.
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#### Variations:

- For a throat-soothing effect, swap part of the water with herbal tea (like chamomile, licorice root, or echinacea).
- For a softer, chewy lozenge style, cook only to soft crack stage (~270°F / 132°C).