Lime and Mint Manuka Cough Syrup

EASY • 10 MINS

Searching for a natural remedy to get rid of your dry, sore throat? Manuka does the trick when added to a fresh, zingy cough syrup. This quick and easy recipe combines the nourishing and bioactive benefits of Manuka Honey with citrusy lime and soothing mint.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	10 mins	24 (1 tsp)

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 1 cup Capilano Active Manuka Honey
- ¼ cup water
- 4 fresh limes, or enough for ¼ cup of fresh lime juice
- 2-4 sprigs fresh mint leaves

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

1. Wash limes and sprigs of mint.
2. Squeeze enough limes to make ¼ cup of lime juice.
3. In a small saucepan, add water and 1 sprig of mint, adjusting the amount to your taste. Bring to a boil and then immediately remove from the heat.
4. Remove mint leaves. Add lime juice and Capilano Manuka Honey, stir well until mixed
5. Storage: When sealed, this syrup can be kept in the refrigerator for up to 2 months.
6. Tip: Dilute in warm water for a herbal and fragrant tea

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