

AB's Honey Sore Throat Tea with Manuka Honey



This soothing drink can help ease a sore throat and relieve the symptoms of minor seasonal colds and flus. The combined ingredients can act as a natural decongestant and expectorant, and provide relief for painful sore throats.

PREP TIME: 10 MIN

COOK TIME: N/A

INGREDIENTS

- 2 lemons, thoroughly cleaned and sliced
- 2 pieces fresh ginger, finger sized, sliced
- 1 cup Manuka Honey MGO 100+ (or your favourite AB's Honey)



DIRECTIONS

1. Combine lemon and ginger slices in a jar.
2. Pour honey slowly over the lemon and ginger allowing time for the honey to sink into all the spaces and completely cover the fruit.
3. Screw the jar lid on tightly and refrigerate until needed. The mixture will form a jelly.
4. Add a spoonful of the jelly to a mug, pour on boiling water, stir and serve as required.



Scan to buy AB's Manuka Honey!

[simplyhoney.com.au](https://www.simplyhoney.com.au)