



Peppermint Honey Syrup

Sweet • Soothing • Refreshing

INGREDIENTS

- 1 cup water
- 1 cup honey
- 1/2 cup fresh peppermint

INSTRUCTIONS

- 1 Simmer water and peppermint.
- 2 Strain and mix with honey.
- 3 Use in teas or drizzle over yogurt.



BENEFITS / NOTES

- Soothing for the throat
- Natural sweetener



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