

Everything Herbal

by Cheryl Jabz

Onion Chest Comfort Remedy

Traditionally used to ease
cough and congestion.

INGREDIENTS

- 1 onion (sliced)
- 1-2 tbsp raw honey

INSTRUCTIONS

Layer onion and honey in a jar
and let sit for several hours
or overnight.
Take 1 tsp. as needed.



Tip: Store covered and use within
a short time for freshness.



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