

## **Honey Lemon Propolis Cough Drops**

### **Ingredients:** 2 cups

sugar

½ cup water

½ cup honey

¼ cup butter

1 teaspoon organic lemon extract 1 teaspoon  
of propolis tincture

### **Instructions:**

Put all the ingredients except flavor and propolis tincture in a heavy pan and cook slowly over medium heat until it reaches the "hard crack stage."

Resist the urge to turn the heat up higher to speed up the process. It will burn unless you keep it on medium and check it often.

Once you can drizzle a spoonful of the syrup into a cup of cold water and have it turn to brittle threads-- take it off the heat immediately OR it is finished when it reached 310F

Wait about 30 seconds to a minute and then add the flavor and propolis tincture . Stir.

Pour into a buttered cookie sheet.

Keep Folding edges of the candy into the middle until cool enough to handle. Use a heat proof spatula!

Working quickly, pull and roll into long strips...and cut into nickel size pieces. Allow to cool completely and harden.

If your drops have been cooked long enough, you'll be able to store them in a ziploc bag unwrapped.

If they are a bit soft and still sticky, wrap them in waxed paper squares and store in a ziploc bag.

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### **Propolis Tincture:**

With Propolis Tincture you can get a more exact percentage, as the propolis dissolves more completely in alcohol. It is important to use weight measurements rather than volume for this mixture. It is recommended that you not try to make anything stronger than a 30% solution, as it is harder to get that much propolis to dissolve. We usually make a 10% solution. Then, after it is done infusing, if we want it stronger, we evaporate the alcohol down by half to make it 20%.

Freeze propolis and pulverize it in a spice grinder, this will make it easier to dissolve.

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### **For a 10% tincture:**

mix 1 part propolis by weight to

9 parts grain alcohol, by weight (we use 75 proof or higher vodka, or Everclear) Do not use isopropyl alcohol(rubbing alcohol) – it is poisonous!

Mix together in a lidded container (again, we use canning jars). Shake. Store in a dark place. Shake 2-3 times a day for 1-2 weeks. Then strain the same way as described above for the oil. Store in a dark place or in a dark jar. Propolis left in filter material may be reused for another tincture or oil. Use again or freeze for later.