

DELICIOUS LEMON BALM SYRUP

INGREDIENTS

- 2 cups fresh lemon balm leaves**
You can also use dried lemon balm leaves, but you will only need ½ cup.
- 5 cups of water**
Boiling water is needed to extract the oils and nutrients from the lemon balm leaves.
- 1 ½ cups local raw honey**
Do not give honey to children under a year old. Raw honey may contain clostridium botulinum bacteria which is dangerous to their underdeveloped digestive systems.

HOW TO MAKE:

1. Rinse fresh lemon balm leaves and remove the stems if using fresh leaves.
2. Put the lemon balm leaves (dried or fresh) at the bottom of the pan and add water. Be sure the leaves are completely covered.
3. Over medium heat, bring the water to a boil and cover the pan partially.
4. Turn down the heat and let simmer for about 30 minutes, occasionally stirring to make a lemon balm tea.
5. Pour the lemon balm tea through a strainer, removing all the leaves from the liquid tea.
6. Return to the heat and allow it to reduce to about 3 cups of tea.
7. Let the tea cool. Note: Boiling water will break down the beneficial enzymes of the raw honey.
8. Pour local raw honey into the bottom of a glass storage jar.
9. Pour the tea into the jar with the honey, and stir until completely combined. This will make lemon balm syrup. It should be thin and not have a thick syrup texture.
10. For enhanced flavor, you can add lemon juice, ginger, peppermint, or cinnamon.

Note: Lemon balm syrup will last a few weeks in the fridge in an airtight glass container. You can also freeze the syrup for later use. Use this syrup to pour over pancakes, made into ice cubes, or as a sweetener over oatmeal or hot tea.