



Rose Herb Syrup

Rose syrup can ease a sore throat, and can be used in desserts, drinks, as toppings, or as a remedy. To make a true syrup you need herbs or edible flowers as well as essential oils.

Ingredients

Fresh Herbs (enough to fill a 475ml jar)

2 ½ cups of water

1lb sugar or nectar sugar

3 drops of rose essential oil

How to make



- Add the freshly picked and washed edible herbs to the water, and bring to the boil.
 - Turn down the heat and simmer for 10 minutes.
 - Leave to cool for 10 minutes, then strain to remove all the plant material.
 - Now add the water to the strained liquid until it again becomes 2 ½ cups.
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- Heat this liquid with the sugar on a low heat to prevent the sugar from burning, slowly stirring until the mixture thickens – the longer it cooks, the thicker the syrup.
 - Add the Rose essential oil to the syrup, pour into a jar or bottle, and store.