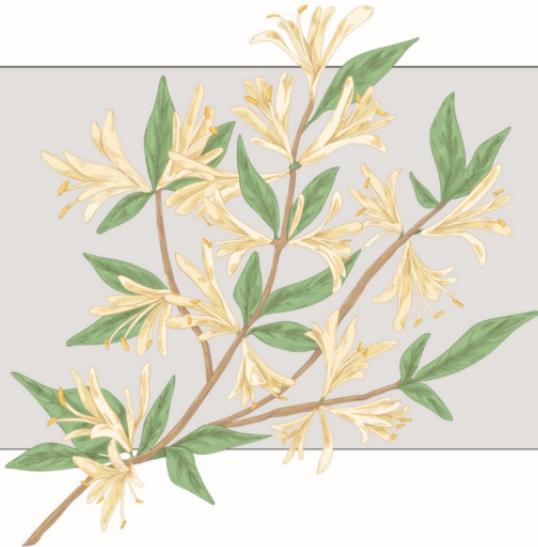


# Honeysuckle Cordial

Spring flowers provide an array of herbs and flowers that are beneficial in medicine making, and as food that is medicine. Honeysuckle is an early bloom with a great scent and flavor, and can be used for its antioxidant and antibacterial properties.



## INGREDIENTS

- 3 Cups Honeysuckle Flowers
- 1 Lemon
- 2 Cups Sugar
- 3 Cups Water

## DIRECTIONS

To begin, make a simple syrup from your water and sugar by bringing the two to a quick boil on the stove. As soon as the sugar is dissolved, and the water has reached its boiling point, remove it from the heat and allow it to cool.

In a large jar, add fresh honeysuckle flowers and the lemon, with no peel. Skin the lemon to remove the peel and pith, and slice.

Add your simple syrup to the jar, and cover with cheesecloth for 24 hours. Strain and enjoy.



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