

## HONEY THROAT LOZENGES



**Directions:**

Mix all the ingredients together. Press into a ball with a dough-like consistency. Roll the dough into small 1/4 tsp balls. Lightly coat the balls with a dusting of marshmallow root or slippery elm powder. You can store these in an air-tight container, in the refrigerator and use them when you or a family member have a cough or sore throat.

**Ingredients:**

2 Tbsp marshmallow powder + additional for dusting (can also use slippery elm)  
3 tsp cardamom powder  
2 tsp turmeric powder  
1 tsp ginger powder  
1 tsp honey  
3 tsp water

This is a great demulcent formula for sore throats, coughs, and dryness in the throat. It's also a great way to give herbs to children, in small quantities.