



HONEY THROAT LOZENGES



Directions:

1. Mix all the ingredients together.
2. Press into a ball with a dough-like consistency.
3. Roll the dough into small 1/4 tsp balls.
4. 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.