

Rebecca O'Reilly

NUTRITIONIST · NATUROPATH

Rosehips & Hawthorn Syrup

INGREDIENTS

200g fresh rosehips
100g fresh hawthorn berries
500ml water
100g raw honey

METHOD

Rinse the rosehips and then place them in a food processor. Gently pulse to break them up.

Place in a saucepan and add the hawthorns.

Add the water, bring to the boil, then lower to a simmer with the lid off for about 2-25 minutes.

To strain, double fold a piece of muslin cloth and pour the liquid through. Then take a new piece of muslin and double fold again, passing the liquid through a second time. This double strain is important as rosehips contain tiny hairs that can irritate the throat.

Once strained, there should be about 200ml of liquid.

Allow it to cool to baby finger temperature before adding in the raw honey.

Place in sterilised jars or bottles and enjoy!