



DIY Herbal Cough Drops

- **1 cup cane sugar (or honey)**
- **1/2 cup honey**
- **1/2 cup strong herbal tea (*see the options list below)**
- **1/2 to 3/4 teaspoon peppermint extract (to taste)**

First, prepare your herbal tea, using your favorite tea blend OR the herb option guide listed below. If designing your own, place about a cup of water in a small saucepan. Add a pinch or two of each desired herb. Heat the water/herb combo to a simmer then cover the pot with a lid. Let this steep over lowest heat for about 15 to 20 minutes. Strain and measure out 1/2 cup.

While the tea is infusing, add a few cups of powdered sugar to a 9 x 13 cake pan, or rimmed baking sheet. Using a small cap, measuring spoon, or finger tip, make indentations in the sugar, as shown. If you don't wish to use DIY powdered sugar molds, have store bought candy molds and/or a large piece of parchment paper, spread over a baking sheet, ready.

Add the tea to a heavy duty saucepan. Next, add the sugar and honey. Turn the burner to medium or almost medium high heat and stir until the sugar has dissolved into the solution. Clip a candy thermometer to the side of the pan.

Every so often, check the temperature and give it a stir if it's looking a bit foamy until it reaches hard crack stage: 300 degrees Fahrenheit. This could take 25 to 30 minutes but time will vary. Remove from heat and stir in the peppermint extract.

Working quickly, carefully pour the hot mixture into the powdered sugar or candy molds. Transferring to a Pyrex pitcher first, makes for easier pouring. If you're not using a mold, pour by the spoonful onto a sheet of parchment paper. (This is the messiest way!)

Let the candy sit, undisturbed, until cool. If using the powdered sugar method, lightly coat both sides and store in a jar in the refrigerator for several weeks or in single layers, between sheets of wax paper, in the freezer for several months.

If using 100% honey, you may find these store best in single layers, between wax paper, in the freezer.

Herb Options List:

This is not an exhaustive list, but is a good place to start! As always, research each herb thoroughly before use. Some of these may not be a good fit for you if you're: pregnant, nursing, have health issues, or are on medication. Always check with a professional health care worker, when in doubt.

I buy my herbs from: [Mountain Rose Herbs](#), [Bulk Herb Store](#), or [Jean's Greens](#). (Those first two are affiliate links.) You can also source herbs from your yard or garden! (Dandelion, violet leaf, roses, lemon balm, etc.)

- **Astragalus**: an adaptogen, excellent at restoring energy; helps you cope with illness or other stressors
- **Bee Balm (Monarda)**: good for sore throat, congested coughs
- **Catnip**: helps insomnia and stomach distress
- **Chamomile**: soothes & relaxes; helps stomach aches
- **Cranberry**: antibacterial; anti-asthmatic
- **Dandelion**: flower, leaf, root – detoxes; potential anti-cancer activity; kidney/liver support
- **Echinacea**: boosts your immune system
- **Elderberry**: excellent against viruses, especially influenza
- **Forsythia Fruit**: antiviral
- **Ginger**: powdered, dried or fresh – great for stomach aches/nausea; reduces inflammation; increases circulation
- **Hawthorn**: for heart health
- **Lemon Balm**: calming; relaxing; anti-viral; soothes stomach aches
- **Marshmallow Root**: soothes inflamed tissue; wonderful for sore throats
- **Olive Leaf**: antimicrobial
- **Roses**: petals or leaves; anti-inflammatory
- **Schisandra**: another wonderful adaptogen; helps your body cope with stress and illness
- **Thyme**: for upper respiratory conditions, coughs & bronchitis; antiviral; antibacterial
- **Valerian Root**: helps you sleep, promotes relaxation
- **Violet Leaf**: soothing; potential anti-cancer benefits
- **Yarrow**: lowers fever, helpful for colds & indigestion