



Sore Throat Popsicles

Ingredients:

2 tablespoons honey

Juice from 2 Lemons

2" piece of ginger, peeled and grated on the large hole side of a box grater

4 chamomile tea bags

20 pieces of **candied ginger**



Directions:

Whisk honey and lemon juice in a medium bowl. Add the grated ginger and tea bags. Pour 2 cups of boiling water over and let steep for 10 minutes. Pour the mixture through a sieve into a spouted cup; let cool to warm and whisk again.

Place one piece of candied ginger into each of your popsicle molds; add the tea to cover. Top with another piece of ginger and fill to the top with the rest of the tea. Freeze till slushy (about 2 hours), add your popsicle sticks and freeze overnight.

To release the pops, hold molds briefly under hot water.