

Natural Lemon & Ginger Sore Throat Lozenges

This quick & easy recipe uses the microwave! Natural ginger and lemon essential oils pair with real honey to give these lozenges throat-soothing power AND great flavor. For a calming drink, dissolve one or two lozenges in a cup of hot water or tea.

For this recipe, we give instructions on how to make the lozenges using a microwave. To make the lozenges on the stove-top, use 1-3/4 cups sugar, 2/3 cup light corn syrup, 1/4 cup honey, 3/4 cup water, 1 teaspoon Lemon essential oil, 1/4 teaspoon Ginger essential oil, and 1 teaspoon Tart & Sour (optional). Add the honey along with the sugar and corn syrup for stove-top method cooking instructions. If using Tart & Sour, add to the cooked sugar mixture at the same time flavoring is added. The stove-top recipe will fill about 6 of the Candy Discs Pieces molds.

Ingredients

1 cup granulated sugar
1/2 cup light corn syrup
2 tablespoons honey
1/2 teaspoon Lemon essential oil
1/8 teaspoon Ginger essential oil

1/2 teaspoon Tart & Sour flavor enhancer (optional)
(Tart & Sour is a liquid blend of citric and malic acids and is used to enhance fruit flavors)

Candy Discs Pieces mold - (this recipe will fill approximately 3 molds)



Directions

Have all ingredients and tools assembled and within easy reach of the microwave. Use only metal measuring and mixing spoons.

1. Lightly spray the cavities of clean, dry candy molds with cooking spray (we recommend PAM) or coat lightly with vegetable oil.
2. Thoroughly mix sugar, light corn syrup, and honey in a 4-cup microwave-safe glass measure designed for high temperatures (such as Pyrex). Cover with plastic wrap. Microwave on HIGH for 3 minutes and 15 seconds.*
3. Remove from the microwave and carefully remove plastic wrap. Quickly stir the sugar mixture and then cover with a NEW sheet of plastic wrap. Microwave on high for 3 minutes and 15 seconds.*
4. Remove from microwave, carefully remove plastic wrap and add the Tart & Sour, if using; stirring with a clean spoon. After boiling has ceased, stir in the Ginger and Lemon essential oils.



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5. Pour syrup quickly, but carefully using a spoon to control flow, into the waiting molds. Allow syrup to harden at room temperature. Do not refrigerate.

6. Cool completely. Lightly dust lozenges with powdered sugar to prevent sticking. Store in a dry place at cool room temperature, not in the refrigerator.

7. For easy clean-up, soak measuring cup and utensils in hot, soapy water until hardened syrup is dissolved.

*Another alternative is to pour the hot syrup onto a heat-resistant surface, or cookie sheet, covered in powdered sugar. When the candy is slightly cooled, it can be cut with well-oiled scissors into pillow-shaped pieces.