



Onion Syrup

*A highly effective antibacterial cough remedy
made using readily available kitchen ingredients*

Ingredients:

A Large Jar

1 large or 2 small onions

450 g brown sugar or clear honey

Instructions:

1. Peel & Slice Your Onion
2. Put 3-5cm of onion in the bottom of the jar
3. Cover with 3 to 5cm of sugar or honey
4. Fill jar with alternating layers of onion slices and honey or sugar. Press each layer down firmly in between adding new layers
5. Cover the last layer of onion with a thick layer of sugar or honey
6. Leave overnight
7. Strain off any liquid and throw away any undissolved sugar left at the bottom of the jar
8. Bottle and label your syrup
9. Store in a cool dark place. It will keep for about two weeks



This onion syrup will help fight off any infections, and also relieve symptoms of colds and chest coughs.

Variations:

- Red onions are milder and more soothing. Good for children
- Try adding garlic, which is even more anti-infective and excellent in chest infections
- Ginger syrup is warming, and clears catarrh from the chest

(Recipe courtesy of the Healing Way)