

## Sore Throat Popsicles

3 1/2 cups water

1-inch piece of ginger, peeled and chopped

2/3 cup honey

5 tablespoons lemon juice (or orange juice)

3 slices of lemon, thinly sliced (optional)

### DIRECTIONS:

1. Put the water and ginger in a small saucepan and bring to a simmer.
2. Add the honey and simmer for another 1 - 2 minutes until the honey is dissolved.
3. Remove from heat and set aside to cool to room temperature.
4. Pour the mixture into a bowl through a fine strainer.
5. Stir in the lemon juice.
6. Pour the mixture into your ice popsicle molds.
7. Place a 1/2 slice of lemon in each mold.
8. Leave about 1/4 inch at the top to leave room for expansion as it freezes.
9. Place popsicles in freezer and freeze until solid.
10. Run warm water on popsicle mold for a minute to loosen them up so they can easily be removed from the molds.