



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

**RECIPE NAME** Immune Boosting Rose Hip Syrup **MAKES** approx 1 cup

**CATEGORY** Herbal Remedy **PREP TIME** 5 minutes **COOK TIME** 40 minutes

**MY RATING**



**VEGETARIAN**

**VEGAN**

**RAW FOOD**

**SUGAR FREE** (uses natural sugars)

**GLUTEN FREE**

**DAIRY FREE**

## INGREDIENTS

1/2 cup dried rose hips  
1 1/2 cup water  
1 thumb ginger  
3 slices lemon  
1/2 cup raw honey

## DIRECTIONS

1. In a small sauce pan, bring water, rose hips, ginger, and lemon to a rolling boil.
2. Turn off heat, cover pan and allow mixture to steep undisturbed for 30 minutes.
2. After 30 minutes, remove from stove top and strain mixture through a fine mesh cheesecloth or paper coffee filter into a small bowl. Press the mixture to squeeze out all juices possible.
3. Stir in honey until well combined.

## STORAGE

Store in an air tight container, such as a small mason jar, in the refrigerator for up to one week.

## MY NOTES

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