



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Spruce Tip Infused Syrup **MAKES** approx 1/2 cup

CATEGORY Preparation Base **PREP TIME** 5 minutes **COOK TIME** 6-8 hours

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

2 cups fresh spruce tips
1 cup distilled water
1 cup cane sugar

DIRECTIONS

1. In a medium sauce pan, bring water, spruce tips, cane sugar and water to a rolling boil.
2. Turn off heat, cover pan and allow mixture to steep undisturbed for 6 to 8 hours.
3. After 6-8 hours, remove from stove top and strain mixture through a fine mesh cheesecloth into a small bowl. Press the mixture to squeeze out all the liquid possible.
4. Return liquid to a medium sauce pan on the stovetop and cook on medium-low until desired colour and consistency are reached. Approx : 20 min. The darker it is the thicker it will be.
5. Once completely cooled, transfer to an air tight container for storage.

STORAGE

Store in an air tight container, such as a small mason jar, in the refrigerator for up to 4 weeks.

MY NOTES
