

NATURAL LEMON AND GINGER SORE THROAT LOZENGES

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 (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.
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.

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