

Peppermint and Manuka Throat Soothers



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Peppermint and Manuka Soothers

These are great to keep in the freezer for those times you feel a throat tingle starting. The peppermint is helpful for soothing irritation and the manuka honey offers antibacterial properties.

This recipe is based on one from a book called *The Happy Gut* written by Australian foodie and health writer Reece Carter (Peppermint and Manuka Pastilles, page 115).

We have noted some comments on the recipe at the bottom of this page which you may find useful to read before starting.



You need:

- 4 tablespoons of dried Peppermint (Stir Peppy Mint is perfect for this)
- 2/3 cup of water
- 1 teaspoon of gelatine
- 1 tablespoon of Manuka honey
- 1 teaspoon of natural peppermint extract (see our note below)

Method:

1. Place the peppermint and water in a saucepan and bring to the boil over a medium heat. Remove from the heat and leave to infuse for 5 minutes
2. Strain your peppermint brew and discard the solids.
3. Return your brewed peppermint to the pan and bring to the boil. Add your gelatine and mix well.
4. Remove from the heat and stir through the manuka honey (and peppermint extract if using)
5. Shallow pour into your moulds then place covered in the freezer to set (they will not set hard)
6. Once set, remove and put into an airtight container in the freezer. You can use directly from the freezer and we found the ice cold nature of them also helped soothe an irritated throat.

Our notes and suggestions:

- (a) Because our Peppy Mint is so aromatic, we experimented with preparing this recipe two ways – 1 with the peppermint essence and 1 without. The peppermint essence produces a sweeter soother, but we felt it was not essential.
- (b) We prepared using individual ice block moulds and alternatively just in one block which we then cut into pieces. Either way work well.
- (c) Other uses for these soothers – you can add these directly from the freezer into any of our brewed blends. We enjoy adding them to our bowl of brewed matcha.