

Blackberry Syrup: A Natural Cold Remedy

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by Agents of Field

BLACKBERRY SYRUP

450 g blackberries
280 ml white wine vinegar
225 g sugar
115 g honey

Place the blackberries in a bowl (glass or china preferably, to avoid staining) and pour the vinegar over. Leave to stand for at least 24 hours, stirring and pressing the berries regularly.

Strain the mixture through muslin, squeezing out as much juice as you can, into a saucepan.

Bring to the boil.

Add the sugar, stirring constantly to ensure it all dissolves, and then add the honey, continuing to stir well.

Bring to a hard boil for 5 minutes before leaving to cool.

Store in a bottle or in ice-cube trays in the freezer.

Add 1-2 tablespoons to a glass of hot water before bed.