## Pine Needle Cough Syrup

1-1/4 C water

1 C fresh pine needles

<sup>1</sup>/<sub>2</sub> C raw honey

Make pine needle tea then combine it with honey.

For children -1 to 2 tsp every 2 hrs

 $Adults-1 \ Tbs \ every \ 2 \ hrs.$ 

Recipe from Healing Herbal Infusions by Colleen Codekas