


# Honey & Thyme

## An aromatic traditional herbal infusion

Makes: 1 mug | Infuse: 8-10 minutes

### You'll need

3-4 sprigs fresh thyme, or 1 teaspoon dried thyme

250ml freshly boiled water

1-2 teaspoons honey

A small squeeze of lemon, optional

### To make it

1. Place the thyme in a mug or small teapot and pour over the freshly boiled water.
2. Cover and leave to infuse for 8-10 minutes.
3. Strain and allow the infusion to cool to a comfortable drinking temperature.
4. Stir in the honey and add lemon if you like. Sip while warm.

### The old tale

Before thyme became an everyday seasoning, it also had a place in the household remedy book. Its fragrant infusion was sweetened with honey when winter coughs arrived.

### What the evidence says

The European Medicines Agency recognises certain thyme preparations for chesty coughs associated with colds on the basis of traditional use. It also notes that clinical trial evidence is insufficient. This does not show that this homemade infusion treats a respiratory infection. Enjoy it as a warming drink, rather than a replacement for medical treatment.

### Hive observations

Gently rub fresh thyme sprigs between your fingers before adding the water to release their aroma. Add honey after infusing.

### A sensible precaution

Never give honey to babies under 12 months. Allow hot drinks to cool before serving. This is an adult culinary drink, not a child dosing guide. Licensed herbal medicines have their own age restrictions and instructions.

Source: EMA: Thyme herbal medicines