

## Cabinet Creations

# Echinacea Lollipops

Sore Throat • Immune Support • Kid-Friendly

Prep Time:

15 minutes

(+ cooling time)

Dose:

1 lollipop as needed

### Ingredients:

- 1 cup echinacea decoction
- 1 cup honey
- 1 cup sugar or maple syrup
- 1-2 tsp lemon juice

### Method:

- Simmer echinacea 20-30 min; strain
- Combine decoction, honey & sugar
- Heat to hard crack (~300°F)
- Pour into molds; cool & set

### Apothecary Notes:

Echinacea is rich in polysaccharides and alkamides associated with immune modulation. Honey functions as a demulcent, supporting throat tissue while offering mild antimicrobial activity and prolonging exposure to herbal compounds.

