

# Cabinet Creations

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## Wild Cherry Bark Cough Syrup

• Soothing • Respiratory Support • Comforting

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### Prep:

- 25 minutes

### Shelf life:

- 2-3 months  
(chilled)

### Ingredients:

- 1 cup distilled water
- 1 Tbsp dried wild cherry bark
- ½ cup raw honey
- 1 tsp fresh lemon juice (optional)

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### Method:

- Bring distilled water to a gentle simmer.
- Add wild cherry bark, reduce heat, and decoct covered for 15-20 minutes.
- Remove from heat and allow to steep an additional 10 minutes.
- Strain thoroughly.
- While liquid is still warm (not hot), stir in honey until fully dissolved.
- Add lemon juice if using.
- Pour into a clean glass jar and refrigerate.

### Use:

- Take 1 teaspoon as needed for dry, irritating cough.
- External throat support for adults and older children.
- Do not use long-term or in large quantities.

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### Apothecary Notes:

- Wild Cherry Bark - traditionally valued for calming dry, spasmodic coughs
- Honey - demulcent and preservative
- Lemon - mild supportive astringency