

Grandma's Cold Cure

1lb Blackberries
1 pint White wine vinegar
1lb Sugar
8oz honey

Put blackberries and vinegar in a bowl and mash.
Leave covered with cling film and mash daily for one week.
Strain the liquid into a saucepan and add the sugar and honey.
Bring to the boil slowly and then simmer for 5 to 10 minutes.
Leave to cool, bottle, seal and store.
This will keep for approx. one year.

TO USE

Put a small amount in a cup of hot water.