

Onion Syrup

Ingredients

- Onion
- Sugar (organic raw best)
- Jar with lid

Instructions

1. Chop onion Well
2. Cover the bottom of the jar with a portion of the onion (about 1/2 an inch).
3. Cover with sugar completely. Shake a little to mix it in.
4. Add another 1/2 inch of onion and another layer of sugar.
5. Repeat this until the jar is full.
6. Let sit for one day, occasionally shaking throughout the day.
7. The next day, strain the onion through a mesh filter. You now have an Onion syrup.



Dosage:

- 1tsp every hour as needed for 150# adult
- 1/2 tsp every 2 hours for kids under 10

Useful for loosening congestion of any kind and stimulates immune system.

Refrigerate for about 1 week