

Citrus Peel Recipes



Citrus Peel Honey Paste

This is an easy & delicious way to consume Citrus peels.

Ingredients

- ½ cup Dried Citrus Peels
- 1 cup Honey

Instructions

1. Put citrus peels in a blender, Vitamix or spice grinder and blend into a powder.
2. Put the honey in a saucepan and warm it on the stove until the consistency is like water.
3. Stir the powder into hot honey and mix well.
4. Pour the mixture into a glass jar for storage.
5. Let it cool to room temperature before closing with a lid.
6. Label and store at room temperature.

Dose is 1 teaspoon, up to three times a day.

Citrus Peel Recipes



Citrus Thyme Cough Syrup

This is a potent combination for sore throats and upper respiratory infections. It works for both dry and wet coughs. The honey is soothing on dry, irritated cough and sore throat, the citrus peels contain bioflavonoids and Vitamin C that support the immune system, and Thyme is an aromatic herb with antiseptic properties that helps open the airways and fight infection. [Click this link to watch my video tutorial on how to make this syrup.](#)

Ingredients

- The peels of 2 Navel Oranges
- 1 ounce of fresh Thyme
- 1 pint of Honey
- Juice of 1 lemon

Instructions

1. Peel the oranges, keeping as much of the white inner part of the peel intact.
2. Chop the orange peels into thin strips about $\frac{1}{4}$ - $\frac{1}{2}$ inch wide by 1 inch long. It does not have to be exact.
3. Chop up the Thyme, both leaves and stems together.
4. Put the chopped-up Orange Peels and Thyme in a medium sized saucepan and add 1 pint of honey.
5. Turn the stove on low heat and start to warm the mixture up.
6. Stir frequently until the honey starts to bubble and simmer.
7. The mixture will start to bubble more and become frothy. Turn it down if it starts to boil too much. You want a gentle simmer.
8. Continue simmering and stirring for 10 minutes.
9. Turn the heat up just slightly and let the mixture get to a faster, frothy simmer. The mixture will start to rise up higher in the saucepan. Once this happens, turn the heat off and remove the pot from the burner.
10. Let it cool for a couple of minutes, then add the juice of 1 lemon and stir.
11. Then while it is still hot, strain the mixture with a metal mesh strainer over a glass bowl or measuring cup.
12. Next, pour into clean glass jars for storage. Leave the jars uncapped until the syrup has cooled to room temperature.
13. Label and store at room temperature.

***Don't throw away the simmered Citrus Peels! See the next page for making Candied Citrus Peels...*

Citrus Peel Recipes



Candied Citrus Peels

(from the Citrus Thyme Cough Syrup recipe)

Don't let those cooked peels go to waste! If you want a yummy and nutritious treat, you can pick out the Citrus peels from the mixture you strained from the syrup recipe.

Instructions

1. Line a baking pan with parchment paper.
2. Lay the syrup soaked peels on the parchment paper so they aren't touching each other.
3. Put this in an oven at 250° for about 15-20 minutes until they are dry.
4. Let cool completely.
5. Store in a jar at room temperature.

Candied citrus peels will have a slight bitter taste. This is part of their medicinal action for stimulating digestion.