

Clementine, passionfruit and chamomile syrup

Drizzle over cereals, fold into natural yoghurt or add to sparkling water as a cordial

Ingredients

1 cup water
1 cup sugar
½ cup honey
1 cup passion fruit pulp (approx. 6-8 fruits)
2 clementines
Juice of 2 lemons
1 teaspoon tartaric acid
1 teaspoon of chopped chamomile

Method: Make a cup of chamomile tea. Add that tea and sugar to a saucepan and bring to the boil, stirring constantly until fully dissolved. Remove from heat and add honey - stirring well through. Scoop out enough passion fruits to make a cup of pulp add it to the sauce pan. Squeeze two lemons and the juice of two clementine's into the mix. Add the flesh of the clementine's and the tartaric acid and bring back to boil and allow reducing for 3 minutes, constantly stirring. Let sit off heat, covered, for 10minutes. Push through a sieve to strain out the seeds and clementine flesh, and pour the strained mixture into a clean bottle. Will store in refrigerator for 3weeks.