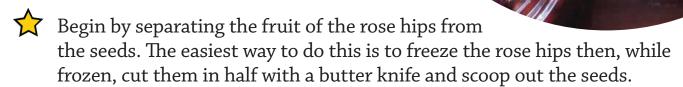


Rose hip honey is rather tedious to prepare but in the end it is so worth it! The water from the rose hips gets pulled into the honey, leaving a sweet, syrupy mixture that you will ooh and ahh over.

Ingredients

a pint or so of whole rose hips, local organic raw honey, a small jar.



- Now that the fruit is separated from the seeds, place the fruit in a small jar.
- Next, fill this jar with honey. You may need to slightly warm the honey to a more syrupy consistency in order to get it to mix well.
- Now you'll stir the rose hips and honey together. I often use a chopstick for this, but any instrument you have will do.
- Let this sit on the counter for 2 3 days. You'll notice that it has a thinner consistency now that the honey has pulled some of the water content from the rose hips. If you think this will last longer than a week, you might want to store it in the fridge to avoid possible fermentation.