

Rose Hip Honey

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.



- ★ Begin by separating the fruit of the rose hips from the seeds. The easiest way to do this is to freeze the rose hips then, while frozen, cut them in half with a butter knife and scoop out the seeds.
- ★ 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.

