

Yur Green Prescription

Berry Syrup recipe

Ingredients:

- One punnet of sliced Strawberries or one packet of frozen Coles brand Strawberries from freezer section.
- One tin of pitted black Cherries Coles brand, x5 Native dried Rainforest Cherries (can be purchased from Natif),
- x4 Quandongs(from native suppliers),
- one teaspoon of Strawberry gum powder. Note: the Quandongs, & Strawberry Gum Leaf powder can be omitted.)
- 1 cup sugar
- juice from tinned Black Cherries.

Method:

1. Soak dried Quandongs in boiled kettle water in a ceramic or heatproof bowl or cup for two hours.
2. Thaw out Strawberries or slice up fresh punnet Strawberries, 3. open tinned Black Cherries- reserving the juice to add into your saucepan with the fruit, add x5 rainforest Cherries into the hot water with the Quandongs to rehydrate. After the two hours soaking & rehydrating both the Quandongs & Rainforest Cherries empty the liquid. 4. Place reserved Black Cherry juice saved from the tin into a saucepan, add in Strawberries, Quandongs, Rainforest Cherries, Strawberry Gum Leaf Powder, 1 cup of sugar. 5. Place saucepan with combined ingredients on the stove and bring to the boil, then turn it down to a low heat setting & simmer until reduced to preferred thickness/ consistency. I sterilise a bottle or jar with boiling water then upon cooling keep the syrup in there. Shake well before serving. 6. Add the compote of fruit into your drink to serve.

Can be used as a syrup to add to a beverage, or add soda water, sparkling water or plain water. For a sweet version use as you would cordial- then add Lemonade. Also great as a syrup over ice-cream or as a coulis with Brownies. Will last 2 weeks in the fridge. Refrigerate after using.

