

Blueberry Honey Cinnamon Toddy

Servings: 4

Prep Time: N/A

Cook Time: N/A



INGREDIENTS

Blueberry Syrup

- 1 cup honey
- 1 cup frozen blueberries plus more for garnish
- 1 1/2 tablespoons lemon juice, freshly squeezed - plus slices as garnish
- 1 cinnamon stick

Hot Toddy

- 4 tablespoons blueberry honey
- 8 ounces whiskey or brandy (optional)
- 8 ounces boiling hot water

INSTRUCTIONS

Blueberry Syrup

- 1 In a small saucepan over medium heat, bring honey, cinnamon stick, blueberries and lemon juice to a boil.
- 2 Reduce heat and let simmer for 10 minutes.
- 3 Turn heat off and let it cool for 15-20 minutes.
- 4 When cooled, strain the mixture through a fine mesh strainer.

Hot Toddy

- 1 In a tea cup, combine 1 tablespoon blueberry syrup and 2 ounces whiskey (optional).
- 2 Add 6 ounces boiling hot water and stir.
- 3 Garnish with a slice of lemon, blueberries, and fresh mint leaves. Serve immediately.

Variations

- For a mocktail version, skip the brandy or bourbon.



Grab a
boost of
blue