

“Singer’s Tea”

As recommended by several singers and musicians.

To 18 oz. of boiling water, add:

3 oz. maple syrup

3 oz. freshly-squeezed lemon juice

½ teaspoon cayenne pepper

Stir thoroughly.

I have been told that the maple syrup soothes; the lemon juice acts as an astringent to clear out the mucosal membranes; the cayenne pepper acts as a nasal expectorant.