

Traditional Nonna's Cold & Congestion Syrup

A classic old-fashioned Italian home remedy made with fruit and spices, prepared by nonnas when someone had a cold, chest congestion, or a stubborn cough.

This syrup is not medicine, but a comforting, warming drink meant to soothe the throat, loosen mucus, and help you rest.

Cooking Times & Servings

- **Prep Time:** 5 minutes
- **Cook Time:** 35–40 minutes
- **Servings:** About 1½ cups syrup (6–8 doses)

Ingredients

- 2 medium apples (preferably Golden or Gala), **unpeeled**, cored and chopped
 - 5–6 dried prunes (pitted)
 - 1 cinnamon stick
 - 2 whole cloves
 - Peel of ½ lemon (organic, no white pith)
 - 2 cups water
 - 1–2 tablespoons honey (optional, added after cooking)
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Instructions

1. Place the apples, prunes, cinnamon stick, cloves, and lemon peel in a small saucepan.
 2. Pour in the water and bring to a gentle boil.
 3. Lower the heat and simmer uncovered for **35–40 minutes**, until the liquid becomes dark, fragrant, and slightly syrupy.
 4. Remove from heat and strain the liquid into a glass jar or cup, pressing lightly on the fruit.
 5. Let cool slightly. If using honey, stir it in **only when warm, not hot**.
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How to Use

- Take **1–2 tablespoons warm** before bed for congestion or cough.

- Or drink ½ **cup warm** as a soothing evening drink.
 - Can be reheated gently as needed.
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Nonna's Tips

- This syrup was often made **fresh every 1–2 days**.
 - No sugar was traditionally added—the sweetness came from fruit.
 - Best enjoyed wrapped in a blanket, right before sleep.
 - Safe for adults and children over 1 year old (due to honey).
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Storage

- Store covered in the refrigerator for up to **3 days**.
 - Reheat gently; do not microwave on high.
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Note

This is a traditional comfort remedy, not a medical treatment. If symptoms persist, consult a healthcare professional.