

# Lemon Balm Syrup

Also Known As

<b>Course</b>	<b>Yield</b>	<b>Type of Food</b>	<b>Main Ingredient</b>
Preparation	4 cups		

## Comments

This syrup can be used in beverages such as teas and fruit drinks or with alcohol drinks like bourbon or vodka. Pour this syrup over fresh cut fruit or melon for an unbelievable summer treat.

<b>Prep Time</b> 5 minutes	<b>Cooking Time</b>	<b>Ethnic Origin</b>
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1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

	<b>Pre-Heat?</b> <input type="checkbox"/> Yes	<b>Temperature</b>	<b>Grease Pan?</b> <input type="checkbox"/> Yes
<b>Measure</b>	<b>Ingredient</b>	<b>Measure</b>	<b>Ingredient</b>
2 cups	water		
2 cups	sugar		
4 Tbs.	dried lemon balm or		
2 oz.	fresh lemon balm		

## Instructions

Pour 2 cups of water into a sauce pan and start to heat. Add sugar and stir until sugar is completely dissolved in liquid. Add lemon balm. Boil mixture for 5 minutes, then cool. Strain out herb. May be used for many dishes or beverages.