

- PREPARATION -

MAKES \approx 1 LITER

YOU WILL NEED



1 orange

+



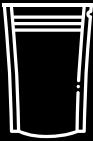
1 lemon

+



1.25 L water

IN THE BOX



1 botanical sachet

+



500 gm sugar (1.1 lb.)

+



cloth mesh strainer

1. Using a vegetable peeler, remove the peel from the lemon in vertical strips trying to leave as much of the bitter white pith behind. Set peels aside. Juice lemon and orange, then strain through a fine-mesh strainer. Set juices aside. (Don't use the included cloth mesh strainer yet, save it for later to strain the tonic syrup.)
2. In a large 4-Quart Saucepan, add the botanical sachet to 1.25 liter (5.25 cups) water and bring to boil over medium-high heat. Reduce the heat to medium-low and simmer for 20 minutes stirring occasionally. Remove from heat and discard the botanical sachet. Tip: place the botanical sachet in a large bowl and squeeze the liquid out with a spoon, then add the liquid back into the saucepan.
3. Add sugar, lemon/orange peels and juices to the tonic liquid in the saucepan and bring to boil over medium-high heat, stirring to dissolve the sugar. Reduce the heat to medium-low and simmer for 15 minutes, stirring occasionally. Remove from heat and let the tonic syrup cool for 10 minutes.
4. Using the included cloth mesh strainer, strain the tonic syrup into a clean large glass jar - be careful, the syrup will be very hot! Cover and store in the refrigerator for up to 3 months or, it may be stored in a cool dry place if used within a week. Note: Cold temperatures may cause syrups made with Monk Fruit sugar to crystalize.