Soothing Throat Pills

This recipe comes from Rosemary Gladstar's Medicinal Herbs book. She says these pills work wonders for sore throat, laryngitis, and other infections of the throat and mouth.

INGREDIENTS

2 parts licorice root powder
1 part echinacea root powder
1 part goldenseal root powder (or substitute Oregon grape root)
1 part marshmallow root powder
Honey
Peppermint essential oil
Cocoa powder

DIRECTIONS

1. *Place herbs in a bowl and mix with enough water and honey to make a sticky paste.*
2. *Add a drop of essential oil and mix well.*
3. *Thicken the mixture with enough cocoa powder (or use cinnamon) to form a thick, smooth paste.*
4. *Knead until the dough is as smooth as bread dough.*
5. *Break off small bits and roll into small balls, the size of pills.*
6. *Dry in a dehydrator or the sun.*
7. *Once dried, store in airtight container where they should keep indefinitely.*

