**Plunket’s cough mixture for children recipe**

For children aged 12 months to 6 years, use for mild sore throat, cough, or both, with no signs of chest infection or breathing impairment.

Recipe:

* Fresh orange or lemon juice – 2 tablespoons
* Honey – 2 tablespoons
* Glycerine – 1 tablespoon
* Olive oil – 1 teaspoon

Mix together and give half to 1 teaspoon 2 to 3 times a day. Store in an airtight container in the fridge.

For children aged < 12 months, omit the honey.

Reference: aucklandregion.communityhealthpathways.org