

*Just in case that your cold gets a little worse, and you feel feverish but you don't have fever yet. There is a good remedy that also can be used in this cases. You drink this instants before going to bed . The next morning you'll feel better.*

## INGREDIENTS

The juice of 2 or 3 oranges  
2 jiggers of rum or cognac (I prefer rum)  
3 or 4 generous spoons of honey

## PREPARATION

- ☐ Boil the orange juice with the rum in a small pot for 5 or 10 minutes.
- ☐ Remove the pot from the heat. Once it has lost a little heat, add the honey and dissolve it. It is very important that you do not add the honey at boiling

temperature because it would lose part of its properties.