

# Recipes and Tips



## **Pineapple weed syrup**

150g/5oz pineapple weed flowerheads (the secret is to discard the green bits and just use the flowerheads)

500ml/18fl oz water

250g/9oz sugar

2 tablespoons pineapple juice

Place the flowerheads and water in a small saucepan and simmer over a low heat for 5 minutes, then leave to cool.

Strain through a jelly bag or fine sieve, squeezing out all the liquid you can, then discard the flowerheads and add the liquid back into the pan along with the sugar and pineapple juice. Bring to a simmer over a low heat, stirring, and cook for a further 3 minutes

Store in a sterilised bottle in the fridge for up to 3 months.

It is delicious drizzled over yoghurt, diluted for drinks.