

Traditional Brandy Remedy for Cough, Cold & Congestion



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Welcome, everyone!

Tonight, I'm excited to introduce you to a bold, time-tested recipe — a *hot and strong* twist on the classic hot toddy. This drink is made with rich brandy, a kick of black pepper, the natural sweetness of honey, and steaming hot water. It's designed to warm you up from the inside out, soothe coughs and throat irritation, and help you rest easy. Perfect for chilly nights when you need something a little more powerful to feel better.

Ingredients:

- 90 ml brandy
- 1 teaspoon black pepper powder
- 1 teaspoon natural honey
- Hot water (80°C), to fill the glass

Method:

1. Pour 90 ml of brandy into a heatproof glass.
2. Add 1 teaspoon of black pepper powder and 1 teaspoon of honey.
3. Fill the rest of the glass with hot (not boiling) water.
4. Stir thoroughly until honey dissolves and pepper is evenly mixed.
5. Sip slowly while warm. Best consumed at night before bedtime.

Traditional Uses:

- Relieves cough and throat irritation
- Reduces chest congestion
- Eases cold symptoms and body chills
- Promotes restful sleep

Important Notes:

- Adults only.
- Limit to 1 glass per day during illness.
- Not recommended for children, pregnant women, or individuals sensitive to alcohol.
- Always consult a doctor if symptoms persist.

This hot and hearty version of a traditional toddy isn't just about flavor — it's about comfort, relief, and a touch of old-fashioned wisdom in every sip. Remember, it's meant for adults only, best enjoyed in moderation, and always alongside good rest and care. Sip slowly, stay warm, and let this strong classic work its soothing magic. Cheers to feeling better, one cozy glass at a time!

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