

# How to Make Honey Water

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Honey water has incredible benefits, from soothing sore throats to possibly aiding in weight-loss. It is a perfect fix for a sudden sweet craving, because it is natural and does not contain any sugars. If plain honey water does not sound very appealing, you can add things to it, such as cinnamon or lemon juice.

## Things You'll Need

- ☐ Mug/Cup
- ☐ Spoon
- ☐ Something to heat water with (stove, kettle, microwave, etc)

## Ingredients

- ☐ 1 to 2 tablespoons (15 to 30 grams) honey
- ☐ 1 cup (240 milliliters) hot water

### Method 1

## Method 1 of 2: Making Honey Water



- 1 Boil some water.** You use a kettle or the microwave to do this. Try to use distilled or tap water, if you can, as ordinary tap water contains too many minerals and chemicals.
  - If you are using the microwave, heat it for 1 to 2 minutes.



**2 Pour the water into a mug and let it cool a little.** Ideally, the water should be warm. It can be hot, but it should not be boiling. Adding honey to boiling-hot water will destroy the good enzymes in honey that make it so healthy.



**3 Add 1 to 2 tablespoons (15 to 30 grams) of honey into the mug.** If you don't have a very big sweet tooth, use only 1 tablespoon (15 grams).



**4 Stir the honey until it dissolves.** Use the same spoon that you measured the honey with. This way, you won't waste any honey.



**5 Taste the honey water, and add more honey, if needed.** The honey will make the water very sweet, but you might like your water even sweeter. Keep in mind that the honey is only supposed to lightly flavor the water. You don't want to drink something that is practically pure honey.



**6 Drink the honey water while it is still warm.** This will allow you to get the most benefits out of the honey. One of the most notable benefits of honey is soothing a sore throat.



## Method 2 of 2: Making Variations



**1 Add some lemon to sooth sore throats and other cold symptoms.** Fill a mug with one-half to one cup (120 to 240 milliliters) of warm water. Stir in 1 tablespoon (15 milliliters) of lemon juice, and 2 tablespoons (30 grams) of honey. Taste the water. Add more warm water if needed.<sup>[1]</sup>

- Many people find that honey water with lemon helps them feel better when they have a cold.



**2 Try some cinnamon.** Add one teaspoon (five grams) of cinnamon to a mug. Cover it with one cup (240 milliliters) of hot water and stir. Wait 15 minutes, then stir in one tablespoon (15 grams) of honey, and enjoy.



**3 Add some ginger and lemon.** Cut a one inch (2.54 centimeters) segment of ginger into thin slices. Place these slices into a cup, and add 1 cup (240 milliliters) of hot water. Let the ginger steep for five minutes. Fill another mug with one tablespoon (15 milliliters) of lemon juice, and one teaspoon (five grams) of honey. Pour the ginger water through a strainer over the honey and lemon. Discard the ginger slices, and stir the honey lemon mixture with a spoon.<sup>[2]</sup>

- If the water is not sweet enough for you, add a little more honey.
- For an added kick, add one ounce (30 milliliters) of whiskey.<sup>[3]</sup>
- Some people find that this drink helps soothe cold and flu symptoms.



**4 Freeze the honey water in an ice cube tray, and use it as ice cubes in your iced drinks.** <sup>[4]</sup> These ice cubes will sweeten your drink as they melt, without diluting the flavor too much. They are perfect for lemonades and iced teas.

- If you will be using these ice cubes in lemonade, consider adding a squeeze of lemon into the honey water before you freeze it.<sup>[5]</sup>



**5 Make iced honey water.** Prepare some regular honey water first. Next, fill a tall glass with ice cubes. Pour the warm honey water over the ice. Stir the iced honey water, and enjoy it before the ice melts.

- Pouring a warm drink into a new glass, over ice, helps it cool faster as opposed to just dumping a lot of ice cubes into the warm drink.



## Community Q&A

### Question

**What is the best honey to use for a warm water honey drink?**



Community Answer

The best type of honey to use for a warm water honey drink should be raw, unfiltered, and 100% pure. This way you are receiving the natural antioxidants that haven't been stripped away in the processing factories and will get better health benefits. Also be sure to buy locally.

Helpful 32 Not Helpful 5

### Question

**Can any honey be used or is it strictly raw honey?**



Community Answer

You can use any honey. However, by using raw honey you are receiving more of the natural antioxidants and you will get better health benefits.

Helpful 17 Not Helpful 5

### Question

**Do the sugars in the honey count towards the sugar count of the honey water?**



Community Answer

Yes. However, the natural sugar in honey is not as unhealthy as refined sugar, and using honey instead of refined sugar has been found to aid in weight loss.

Helpful 21 Not Helpful 6

#### Question

**Is it possible to drink too much honey water?**



Community Answer

Yes. In moderation it is good for you, but it still contains sugar which, among other things, increases your body's insulin production and can lead to weight gain and other health issues.

Helpful 23 Not Helpful 13

#### Question

**What are the disadvantages of honey lemon water?**



Community Answer

Drinking too much can cause weight gain due to the sugar in the honey. So make sure not to put too much honey in your warm water.

Helpful 8 Not Helpful 6

#### Question

**How frequently should I drink it? And can it be consumed with a meal?**



Community Answer

Honey water should be drank once a day. And yes, it may help with digestion after a big meal.

Helpful 15 Not Helpful 8

#### Question

**Should I add lemon to the honey water to reduce my fat?**



Community Answer

If you like the taste of lemon, then yes, but it won't do anything for fat loss.

Helpful 14 Not Helpful 6

#### Question

**Does honey water help with anything other than a sore throat?**



Community Answer

It can also prevent acne, contribute to weight loss, and help your metabolism and/or blood circulation.

Helpful 8 Not Helpful 5

#### Question

**Do I need to cool the water before adding the honey?**



Community Answer

You should always add honey to your drinks while they're still hot so that it can dissolve better.

Helpful 11 Not Helpful 6



## Tips

- Use honey water to sweeten your other drinks without using sugar.
- Honey water is great for soothing sore throats and other cold symptoms.
- Some people find that drinking honey water on an empty stomach aids in weight-loss.
- Drink honey water with lemon in the early morning or in exercise breaks to lose weight.



## Warnings

- Do not give honey water to children younger than 12 months of age.<sup>[6]</sup> Their bodies are not developed enough to safely digest honey.
- Avoid putting honey directly into boiling water. It can alter the chemical makeup and affect the flavor.<sup>[7]</sup> It can also destroy the beneficial enzymes.<sup>[8]</sup> Some studies have also shown that this makes honey hard to digest.<sup>[9]</sup> Hot (not boiling) water is considered safe for honey.

## References

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