

# RECIPE SAGE CANDY



## INGREDIENTS:

WHITE SUGAR

THREE-LOBED SAGE

(ONE CAN USE A DIFFERENT  
HERB IF ONE DEFINITELY  
KNOWS HOW TO IDENTIFY IT)

WATER

SMALL BRANCH (10 CM)

## METHOD:

POUR THE SUGAR AND SAGE LEAVES INTO A SMALL POT AND MELT OVER A

LOW FLAME. ONCE THE SUGAR IS MELTED (CARAMEL), LOWER THE FLAME

DIP THE LEAVES, USING THE BRANCH, IN THE MIXTURE AND COOL IMMEDIATELY

IN WATER SO THAT THE MIXTURE HARDENS

WAIT A MINUTE FOR THE MIXTURE TO HARDEN AND ENJOY

IT IS FORBIDDEN TO MAKE THESE CANDIES WITHOUT THE HELP OF AN ADULT,

BOILING SUGAR CAN CAUSE SERIOUS BURNS

