

## **Steamed Pears for dry cough:**

Buy 3 yellow skinned pears (Chinese pears). Green skinned pear or apples can be substituted.

Take 1 pear, and cut the top off - keep the top

Core the pear

Fill the core with honey

Place the top back on the pear

Steam the pear for 45 min to 60 min - until extremely soft

Place pear in bowl and let cool for 10 - 15 min

Eat the whole pear and juices

Repeat for 2 more nights in a row.