## **BRAIN HEALTH KITCHEN by Annie Fenn, M.D.**



## Monkfruit Simple Syrup

½ cup water¼ cup monkfruit sweetener

Warm the water and monkfruit sweetener in a small saucepan over medium-low heat, stirring often until dissolved. Do not let it come to a boil. Pour the syrup into a glass jar and let cool at room temperature.

**Tip:** The monkfruit syrup will crystallize if refrigerated. Keep at room temperature before using. Or, add to your drink recipe and then chill.