

Honey Lavender Lemonade

SCD drink



Ingredients:

1 cup Locally produced, raw organic honey
2 ½ cups Water
1 Tbsp Dried culinary lavender
1 cup Fresh squeezed lemon juice
2 cups Water or sparkling water
Ice cubes or crushed ice

Directions:

- 1.) Combine honey and 2 ½ cups water of water in a saucepan and bring to a boil, stirring occasionally to dissolve the honey.
- 2.) When mixture reaches a boil, stir in the lavender and remove from heat.
- 3.) Let steep for 20 minutes.
- 4.) Strain the lavender from the liquid.
- 5.) Add fresh lemon juice and additional 2 cups of water/sparkling water.
- 6.) Pour in to glasses filled with ice.
- 7.) Garnish with a sprig of lavender or mint.

Notes / Suggestions:

- 1.) The best honey comes from a source you know and is processed without heat. Raw, unfiltered honey retains its royal jelly, bee pollen and propolis- three major sources of antioxidants, vitamins and minerals.