

# Lavender Infused Honey

BY ROSALEE DE LA FORÊT

*A delicious way to enjoy lavender is to infuse it into honey! This simple treat is so delicious and it also makes a lovely gift. Lavender honey can be added to teas or even drizzled on toast, pastries, or ice cream! As you can see, it's super simple to make and it's absolutely yummy.*

## ingredients

- 1 cup honey
- 1 tablespoon dried or fresh lavender buds

**Yield:** 1 cup

## directions

- Fill a half pint jar halfway with honey.
- Add the lavender flower buds.
- Fill the rest of the jar with honey.
- Cover with a tight fitting lid on this, label it, and leave it on the counter. For the next week, turn the jar upside down 2-3 times a day. This helps to infuse the lavender into the honey.
- After a week, give it a taste to see if the aromas have infused. If it tastes sweet and lavender-y then you can start using it right away. If desired, you can let it sit longer for a stronger flavor. There's no reason to strain the flowers from the honey, but you can if you'd like.
- You can use this simple recipe as a starting point, then experiment with adding various amounts of lavender. Just remember to go easy on how much lavender you use so that it retains a pleasant flavor without being overly bitter or too perfumy.



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