

A close-up photograph of a dish in a foil tray, featuring a white cream sauce, yellow cornmeal, and fresh lavender flowers and buds. The text is overlaid on this image.

MAY THE CALMING TASTE OF
LAVENDER SOOTHE YOUR SOUL

LAVENDER INFUSED RECIPES

LEARN SIX SIMPLE LAVENDER
INFUSIONS AND HOW TO
INCORPORATE INTO YOUR
EXISTING RECIPES TO MAKE
HUNDREDS OF LAVENDER
CULINARY DELIGHTS

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INCORPORATING THE INFUSIONS

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The top of the page is decorated with several sprigs of lavender flowers and buds, arranged in a border around the title. The flowers are a vibrant purple color, and the stems are green with small leaves.

LAVENDER SIMPLE SYRUP

LAVENDER SIMPLE SYRUP: VERSATILE FLAVOR

THE PROCESS OF MAKING LAVENDER SIMPLE SYRUP INVOLVES INFUSING FRESH OR DRIED LAVENDER BUDS WITH A COMBINATION OF SUGAR AND WATER. THIS ALLOWS THE NATURAL FLAVORS AND AROMAS OF THE LAVENDER TO BE EXTRACTED, RESULTING IN A SWEET, FLORAL SYRUP THAT CAN BE USED IN A VARIETY OF WAYS.

ONE OF THE KEY BENEFITS OF USING LAVENDER SIMPLE SYRUP IS ITS VERSATILITY. IT CAN BE ADDED TO COCKTAILS SUCH AS MOJITOS OR LEMONADES FOR A FLORAL AND REFRESHING TWIST, OR DRIZZLED OVER DESSERTS LIKE CAKES AND ICE CREAMS FOR AN EXTRA LAYER OF FLAVOR. THE POSSIBILITIES ARE ENDLESS WHEN IT COMES TO INCORPORATING THIS AROMATIC SYRUP INTO YOUR CULINARY CREATIONS.

NOT ONLY DOES LAVENDER SIMPLE SYRUP ADD A BURST OF FLAVOR, BUT IT ALSO OFFERS POTENTIAL HEALTH BENEFITS. LAVENDER HAS LONG BEEN KNOWN FOR ITS CALMING PROPERTIES AND IS OFTEN USED IN AROMATHERAPY FOR RELAXATION PURPOSES. BY INCORPORATING THIS SYRUP INTO YOUR BEVERAGES OR DESSERTS,



DID YOU KNOW?

THE ACID IN CITRUS, SUCH AS LEMON, WILL
TURN LAVENDER WATER OR SIMPLE SYRUP A
NATURAL MAGENTA COLOR.

LAVENDER SIMPLE SYRUP RECIPE



INGREDIENTS:

1/2 CUP SUGAR
1 TABLESPOON CULINARY LAVENDER BUDS*
WATER
1-2 LEMON WEDGES (OPTIONAL)

INSTRUCTIONS:

- 1) BOIL WATER IN A SMALL SAUCEPAN UNTIL IT REACHES A ROLLING BOIL, REMOVE FROM HEAT.
- 2) ADD SUGAR AND LAVENDER BUDS IN AN 8 OUNCE (PINT) CANNING JAR. FILL TO TOP WITH WATER. TWIST LID ON CANNING JAR.
- 3) PLACE CANNING JAR IN SAUCEPAN WATER BATH FOR 15-20 MINUTES. SHAKE CAREFULLY EVERY 5 MINUTES UNTIL SUGAR IS DISSOLVED. JAR AND LID WILL BE HOT, USE CAUTION.
- 4) STRAIN USING A FINE MESH STRAINER WITH A CHEESECLOTH OR COFFEE FILTER.
- 5) (OPTIONAL) SQUEEZE JUICE FROM LEMON WEDGES IN HOT SIMPLE SYRUP MIXTURE TO TURN A MAGENTA COLOR.
- 6) USE IMMEDIATELY OR REFRIGERATE FOR UP TO TWO WEEKS.

NOTES:

*1/4 CUP FRESH LAVENDER BLOSSOMS MAY BE SUBSTITUTED FOR DRIED LAVENDER BUDS



19 CREATIVE LAVENDER SIMPLE SYRUP USES

CULINARY IDEAS FOR LAVENDER SIMPLE SYRUP

LAVENDER SIMPLE SYRUP BREAKFAST IDEAS:

1) LAVENDER MAPLE SYRUP FOR PANCAKES, WAFFLES, CREPES OR FRENCH TOAST

INCORPORATE LAVENDER SIMPLE SYRUP AS A SWEETENER FOR YOUR BREAKFAST FOODS. TO MAKE A MAPLE/LAVENDER SYRUP: MIX 1/2 TEASPOON OF LAVENDER SIMPLE SYRUP FOR EVERY 1/4 CUP OF MAPLE SYRUP. HEAT IN THE MICROWAVE FOR 20 SECONDS, STIR AND HEAT FOR ANOTHER 15 SECONDS AND STIR. SERVE IMMEDIATELY.

2) LAVENDER SWEETENER FOR OATMEAL

STIR A TEASPOON OF LAVENDER SIMPLE SYRUP IN YOUR OATMEAL OR GRITS.

