

wellness Recipe

Lavender Extract

Lavender extract can be used in cooking and offers exceptional flavor to dishes and desserts, like cookies or even a latte.

INSTRUCTIONS

- Place lavender flowers into glass jar
- Pour vodka over flowers and place cap securely on
- Give the jar a little shake and place out of direct sunlight
- Let sit for at least 2 weeks, giving it a little shake occasionally
- Strain through a sieve, gently pressing flowers to extract all the goodness. You can strain again through a sieve lined with an unbleached coffee filter if you would like
- Place in a clean glass container with a tight cap. Keep out of direct sunlight.

