

Everything Herbal

by Cheryl Jabz



Simple • Natural • Made with Love ♡

Ingredients

- 8 oz cream cheese, softened
- 1/2 cup powdered sugar
- 1 tsp vanilla extract
- 1/4 cup honey (raw or local)
- 2 tsp dried culinary lavender (or 1 tsp lavender extract)
- 1/2 cup whipped cream (or whipped topping)

Directions

1. In a bowl, beat cream cheese and powdered sugar until smooth and creamy.
2. Add vanilla, honey, and lavender. Mix until well combined.
3. Gently fold in whipped cream until light and fluffy.
4. Chill for at least 30 minutes to let flavors blend.
5. Serve with fresh fruit, graham crackers, vanilla wafers, or pretzels.

Cheryl's Tip

For a stronger lavender flavor, let the dried lavender steep in 1 tbsp warm honey for 10 minutes, strain, then use the infused honey in the recipe!



Honey Lavender Cheesecake Dip

A creamy, dreamy dip with a touch of honey and lavender—*perfect for fruit, cookies, pretzels & more!*



Benefits



RELAXING & CALMING – Lavender supports relaxation, eases stress, and promotes better sleep.



NATURAL SWEETNESS – Honey provides antioxidants, supports immunity, and soothes the body.



DIGESTIVE SUPPORT – Lavender may help reduce bloating and support healthy digestion.



ENERGY BOOST – A touch of honey offers natural energy without refined sugar.

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