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Everything HERBAL

by Cheryl Jabz

Bringing Herbs to Life, Naturally. ♥

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RECIPES, TIPS &
HERBAL INSPIRATION



Lavender Honey Tea Cubes

Soothing, floral and naturally
sweet cubes to add a touch of
relaxation to your favorite drinks!

INGREDIENTS:

- ♥ 2 cups lavender tea
- ♥ 1 tbsp honey
- ♥ Optional edible flowers

INSTRUCTIONS:

Brew lavender tea and cool.
Stir in honey. Pour into trays.
Add flowers if desired. Freeze.

PERFECT IN:

- ♥ Lemonade
- ♥ Sparkling water
- ♥ Iced herbal tea

TIP:

Use edible
flowers for an
even more
beautiful touch!

REAL INGREDIENTS • SIMPLE RECIPES • EVERYDAY WELLNESS

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