



Simple • Natural • Homemade

LAVENDER'S 3 Most Popular Recipes

Lavender adds a delicate floral flavor and aroma to food and drinks. It's calming, soothing, and pairs beautifully with sweet and savory creations.



1

Calming
Relaxation
& Better
Sleep



LAVENDER TEA

Ingredients:

- 1 teaspoon dried culinary lavender buds
- 2 cups water
- Honey or lemon (optional)

Instructions:

- Bring water to a boil.
- Add lavender buds and reduce heat to low.
- Simmer for 5–7 minutes.
- Strain and serve warm.
- Add honey or lemon if desired.

Benefits: Promotes relaxation, supports restful sleep, soothes stress, and aids digestion.

2

Floral Flavor
& Stress
Relief



LAVENDER SHORTBREAD COOKIES

Ingredients:

- 1 cup (2 sticks) unsalted butter, softened
- ½ cup powdered sugar
- 1 teaspoon dried culinary lavender buds (finely crushed)
- 2 cups all-purpose flour
- ¼ teaspoon salt

Instructions:

- Cream butter and sugar until light.
- Beat in lavender.
- Add flour and salt; mix until dough forms.
- Shape into a log, wrap, and chill 1 hour.
- Slice and bake at 325°F (163°C) for 12–15 minutes.
- Cool and enjoy!

Benefits: Lavender supports mood balance and relaxation, while adding a delicate floral flavor.

3

Refreshing
Hydration
& Calming
Comfort



LAVENDER LEMONADE

Ingredients:

- 1 teaspoon dried culinary lavender buds
- 1 cup water
- ¾ cup fresh lemon juice (about 4 lemons)
- ½ cup honey or sugar
- 3 cups cold water
- Ice and lemon slices

Instructions:

- Simmer lavender in 1 cup water for 5–7 minutes.
- Strain and let cool.
- Stir in lemon juice and sweetener until dissolved.
- Add cold water and mix well.
- Serve over ice with lemon slices.

Benefits: Refreshing and calming, supports hydration, digestion, and a balanced mood.

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Herbal
by Cheryl Jabz



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