

HONEY INFUSED WITH FLOWERS & HERBS

Choose from the following herbs to make a delicious treat: lavender, roses, chamomile, peppermint, lemon balm, elderberries, or Echinacea!

INGREDIENTS

*Dried herb of your choice
Honey*

*Clean, sterile, dry jar with
a tightly fitting lid*

DIRECTIONS

Fill dry, clean jar about $\frac{1}{4}$ of the way with dry herb. Use a chopstick or spoon to thoroughly coat herb with honey. Fill the jar the rest of the way with honey.

The herbs may absorb some of the honey and you might need to add more honey to the jar. Once your jar is full, put the lid on top.

Next is the hard part: waiting! It is best to wait at least a week for the herbs to infuse into the honey before you eat it. Try and flip your jar over a couple of times a day to keep the herbs covered in honey. You might want to place the jar on a plate for this so that honey doesn't get all over the place should the jar leak.

When you feel your honey has infused for long enough, you can either strain the herbs out of the honey (make a delicious big pot of tea with the leftover herbs!) or you can eat the honey with the herbs still mixed in.

Be sure to label your herbal honey with the herb you used and the date you made your honey.

Recipe adapted from Cinnamon Rose Honey featured in the Introductory Herbal Course: Unit 3, Lesson 3



