

Herbal Lemonade



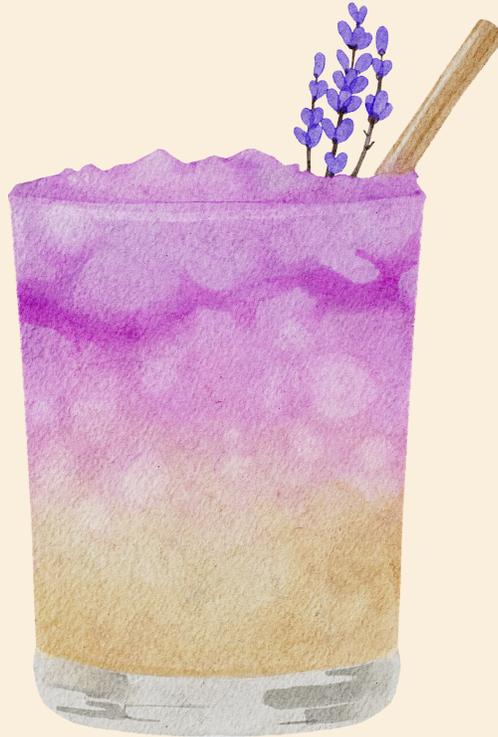
Ingredients:

(1 serving)

- 2 tbsp lemon juice
- 1 tbsp herbal syrup
- Pinch of salt
- 1/2 cup water
- Ice

Instructions:

- In a glass add lemon juice, salt and syrup. Stir until salt dissolves.
- Then add water and ice.
- Enjoy!



Syrup Instructions



Love Syrup Instructions

Ingredients:

- 1/2 cup water
- 1/2 cup sugar
- 1 tbsp damiana
- .5 tbsp hibiscus
- 1 tbsp hawthorn berries
- 1 tbsp rose buds



Directions:

- In a small sauce pan add water and sugar over medium heat. Stir until sugar is dissolved, about 3 min.
- Add herbs and simmer on low for 10-15 min.
- Strain into a pint jar and store in the refrigerator.
- Syrup lasts up to 2 weeks.

Lavender Syrup Instructions

Ingredients:

- 1/2 cup water
- 1/2 cup sugar
- 2 tbsp dried lavender (food grade)
- Optional: 1/4 tsp butterfly pea flower powder (gives purple color)



Directions:

- In a small sauce pan add water and sugar over medium heat. Stir until sugar is dissolved, about 3 min.
- Add lavender and butterfly pea flower and bring to a simmer and then take off heat.
- Cover with a lid and allow to steep for 15 minutes.
- Strain into a pint jar and store in the refrigerator.
- Syrup lasts up to 2 weeks.