

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Freshly Squeezed Honey Lemonade Infused with Lavender

Making Lavender Lemonade is magic! When the reddish brown lavender infusion mixes with the lemon juice the entire mixture turns a most beautiful rosy pink.

Be sure to prepare your lemonade with food-grade lavender rather than with lavender marketed for sachets or potpourri.

Makes 7½ cups

Zest of two lemons (organic if possible)

½ cup dried lavender blossoms

½ cup mild honey or agave or other sweetener of choice

2 cups water

1 cup fresh lemon juice (from about 4-5 lemons)

Use a vegetable peeler to remove the flavorful zest (the yellow portion of the skin) from 2 lemons.

Place the zest, lavender blossoms, honey or sweetener of choice and the 2 cups of water in a medium saucepan. Bring the mixture to a boil. Lower the heat so the mixture gently simmers for 10 minutes. Cover the pan and turn off the heat. Steep this lavender infusion for at least 30 and up to 90 minutes. The longer the infusion steeps, the more intense the lavender flavor of your lemonade.

Meanwhile, juice the lemons and place the juice in a pitcher along with 4 1/2 cups of water.

Strain the infusion through a fine sieve into a container with a pour spout, pressing on the lavender and the lemon zest to extract as much liquid as possible.

Now is when the magic happens: begin to pour the strained reddish brown infusion into the pitcher.

As you add more of the lavender infusion, the rosier the lemonade becomes.

The final color is a beautiful rosy pink!

Taste and add more water if you would like so that the taste is just right for you.

Either chill the lemonade with ice or in the fridge. Serve garnished with fresh stalks of lavender and/or thin slices of lemon.