



# Lavender Lemonade

Priscila · 01/25/2024



## Prep Time

40 min.

## Dificult

Medium

## Servings

6

## Description

Lavender lemonade sweetened with honey is a delicious and therapeutic beverage that combines the refreshing citrus flavor of lemon, the floral aroma of lavender, and the natural sweetness of honey. This drink is not just a delight for the palate but also offers various health benefits. Flavor and Aroma Lavender lemonade has a unique taste. The lemon, known for its robust citrus flavor, brings a burst of freshness, while the lavender adds a floral and sophisticated touch. The honey, in turn, provides a balanced sweetness that perfectly complements the other flavors without overpowering. Benefits of Lavender Lavender is renowned for its calming and relaxing properties. Consumed as tea or as an ingredient in beverages, it can help alleviate stress and anxiety. Additionally, lavender has been traditionally used to improve sleep and promote a state of relaxation. Benefits of Lemon Lemon is an excellent source of vitamin C, a powerful antioxidant that helps strengthen the immune system. It is also known for its alkalizing properties and can aid in digestion. Benefits of Honey Honey is a natural sweetener that brings its own health benefits. It possesses antibacterial and anti-inflammatory properties, potentially aiding in soothing sore throats and other minor infections. Furthermore, it is a healthier alternative to refined sugar, providing energy in a more balanced way.

## Ingredients

- 1/2 cup of honey
- 5 lemons
- 1 drop of lavender essential oil
- 6 cups of water
- 2 sprigs of lavender for garnish

## Instructions

1. Bring 3 cups of water to a medium heat in a saucepan.
2. Once boiling
3. turn off the heat.
4. Add the honey and lavender oil.
5. Stir everything together and let it sit for 15 minutes.
6. Pour into a jug with the remaining water and the juice of the lemons
7. Stir with a spoon and refrigerate
8. You can also add some ice cubes to the mixture.
9. Serve and garnish the glasses with sprigs of lavender.