

## **Relaxing Lavender Infusion**

Heat 2 cups of water over medium-high heat

Once its boiling remove from heat and add lavender buds

For a stronger flavor let the water cool slightly before adding buds

Steep covered for 30-45 minutes or until liquid has fully cooled

Strain with fine strainer or cheesecloth

Store cooled infusion in a jar with a tight fitting lid can be refrigerated up to two weeks