



Spearmint Lemon Grass Tonic and Lavender Lemon Water

Spearmint Lemon Grass Tonic

- 1 quart of water
- 1 tablespoon dried spearmint
- 1 tablespoon dried lemon grass
- 1 tablespoon honey or agave nectar
- 1 - 2 sliced limes

Heat 1 quart of water just to boiling. Turn off heat. Add 1 tablespoon each dried spearmint and dried lemon grass. Stir in 1 tablespoon honey or agave nectar. Cover and let steep for 10 minutes. Strain. Let cool at room temperature to avoid a cloudy tea. Chill. Add sliced limes before serving. Add more water to adjust flavor.

Lavender Lemon Water

- 1 quart water
- 1 tablespoons lavender buds
- 1 lemon, thinly sliced
- Honey and lemon to taste (optional)

Heat water to boiling. Turn off heat and add lavender buds. Cover and steep for 10 minutes. Strain and cool. Add lemon and honey to taste. Refrigerate. To avoid the bitterness of the lemon rind squeeze the lemon into the water and store. Add more water to dilute to desired taste.