



# THE BENEFITS OF LAVENDER



- As a tea, lavender is helpful with digestion problems.
- Aromatherapy for treating anxiety, insomnia, depression, and restlessness.
- Treats eczema & works as a skin toner.
- Lavender oil can promote hair growth & help dandruff.
- As an antiseptic and anti-fungal, it soothes burns, scrapes, bug bites.
- Relieves pain from headaches, toothaches and sprains.





# EDIBLE USES OF LAVENDER



- Bake a lavender cake or cookies
- Use in the batter for buttermilk fried chicken
- Brittle doesn't have to be peanut- try pepita and lavender brittle!
- Infuse your lemonade or spritzer with lavender sprigs
- Use to season roasted almonds
- Make a twist on a classic with lavender-lemon bars
- Dress up a dessert with a lavender garnish

*Source: Flickr- by Sunny Mamma, Inspired Taste- Roasted Lavender Honey Glazed Chicken, Recipes Epic (Facebook)- Lavender Lemon Bars*