

# Recipes using Lavender

## Peach Salad with Lavender Dressing

Serves 4, as an appetizer or side

### Salad:

- 3 to 4 cups Arugula
- 2 Peaches, cut in half
- 3 tablespoons feta, crumbled

Grill peaches on a grill or fry pan and arrange on top of greens. Sprinkle with crumbled feta.

### Dressing:

- 1 tsp fresh lavender flowers
- 1 tsp honey mustard
- 5 tbsp olive oil
- 2 tbsps white balsamic vinegar or white wine vinegar
- 2 tbsps lemon juice
- 1 garlic clove

Whisk together and drizzle over salad



# Lemon Lavender Muffins

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## Ingredients:

- ¾ cup sugar
- 2 tablespoons fresh or 2 teaspoons dried culinary lavender
- 1 lemon, juiced and zested
- ½ cup butter, softened
- 2 eggs
- ½ cup honey
- ½ cup milk
- 1 tsp vanilla
- 1 ½ cups white whole wheat flour
- ½ tsp salt
- 1 tsp baking powder
- ¼ tsp baking soda

## Glaze:

1 cup powdered sugar whisked with 1 tablespoon milk

1. Preheat oven to 350 degrees.
2. Pulse the sugar, lavender, and lemon zest in a food processor until smooth. The goal is to break down the lavender. Set 1/4 cup aside.
3. Beat the 1/2 cup sugar, butter, and eggs until fluffy. Beat in honey, almond milk, lemon juice, and vanilla. Stir in dry ingredients gently until just combined.
4. Pour the batter into a prepared muffin tin either well-greased or with muffin papers. Bake for 20 minutes or until golden and the tops spring back when you touch them.
5. Whisk ingredients together for glaze. Pour a spoonful over the top of each muffin and sprinkle with reserved sugar.