

I've fallen in love with a new drink this summer. It's been unbelievably hot and sunny in Provence, pretty much non-stop. So this is perfect to sip while sitting in the shade, listening to cicadas while enjoying a gentle breeze. It's very refreshing and I am sure it has healing properties, I am certain of it ;)

LAVENDER MINT MEYER LEMONADE

Ingredients:

- 1/2 to 1 cup lavender honey
- 5 cups water
- 1-2 tbsp dried, culinary lavender (from Sault is the best)
- 1 cup fresh-squeezed Meyer lemon juice, strained
- Fresh mint
- Ice cubes

Preparation:

1. Bring 2 1/2 cups water to boil in a medium pan
2. Remove from heat and add honey, stirring to dissolve
3. Add the lavender to the honey water, cover, and let steep at least 20 minutes or to taste
4. Strain mixture and discard lavender
5. Pour into a pitcher
6. Add a few large sprigs of mint and muddle a little bit
7. Add lemon juice and another 2 1/2 cups of cold water and stir
8. Refrigerate until ready to use and serve in glasses with lots of ice!

Note: I use less honey as I prefer mine hardly sweet, so use as much as you want to taste. Lavender honey is a wonderful addition, but use any honey you like. And for those more adventurous, this is quite nice with a little splash of gin!

