

Chamomile Lavender Simple Lemonade Syrup

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Yield: 3 cups

2 cups sugar

2 cups water

1/4 cup chamomile-lavender herbal tea

In a small saucepan, combine the sugar and water. Bring just to boiling. Stir until the sugar is dissolved. Cool.

Strain after cooling.

Cover and chill for at least two hours before using.

Store in a refrigerator, covered, for up to two weeks.

Chamomile and lavender is available as a loose tea blend, but a combination of chamomile tea and dried lavender flowers works as well.

Per Serving (excluding unknown items): 1548 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 400g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 27 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1548	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	400g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	18mg	Vegetable:	0
Potassium (mg):	8mg	Fruit:	0
Calcium (mg):	13mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	27
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		

Vitamin A (r.e.):

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Nutrition Facts

Amount Per Serving

Calories 1548 Calories from Fat: 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbohydrates	400g	133%
Dietary Fiber	0g	0%
Protein	0g	
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Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.