

# SCOUT'S LAVENDER TEA

When the world feels like it is moving too quickly, take a moment to relax with a cup of Scout's soothing Lavender Tea. While you drink, think of all the things you are thankful for.

## YOU WILL NEED:

- 3 tablespoons of fresh lavender flowers or 1 & 1/2 if using dried flowers
- 2 cups of boiling water (have a grown up help you)
- honey and lemon slices if you like
- a tea strainer if you have one



## HOW TO MAKE YOUR TEA:

### Step 1.

Place the flowers in a teapot or container along with the boiling water. Allow them to steep for a good 4 to 5 minutes.

### Step 2.

Pour the liquid into cups straining if necessary to remove the flower buds. Remember to have an adult help you.

### Step 3.

Serve your Lavender Tea with honey or sliced lemon if you like. Allow it to cool a bit before drinking or chill and add ice if the weather is warm.

GREAT JOB GUMBOOT KIDS!

Scout would love to see pictures of your tea party! Share them on Facebook.

Tag @gumbootkids & use #gumbootkids.