

DREAMY LAVENDER LEMONADE



Lull yourself into a lavender HAZE with this nighttime SLEEP elixir.

◆ INGREDIENTS ◆



1 Serving
MaryRuth's Extra Strength
Liquid Nighttime Multimineral
Lemonade Dream



1 Tbsp
Dried Lavender Flowers



1 Cup
Monkfruit Sweetener



4-5 Cups
Water
(Divided)



1 Cup
Freshly Squeezed
Lemon Juice



Thinly Sliced Lemons
& Lavender Sprigs
(Optional For Garnish)

◆ INSTRUCTIONS ◆

1. Place the lavender and monkfruit sweetener in a small saucepan and rub them together with your fingers until the lavender smells fragrant.
2. Pour 2 cups of water over the lavender and monkfruit mixture and bring to a boil over high heat. Stir to dissolve the monkfruit sweetener.
3. Once monkfruit is dissolved, remove the pot from heat, cover, and let steep at least 30 minutes.
4. Strain the syrup into a serving pitcher.
5. Add the rest of the water and lemon juice to the pitcher and stir to combine.
6. Pour the mixture into a glass with ice and stir in MaryRuth's Extra Strength Liquid Nighttime Multimineral.
7. Garnish with a lemon slice and sprig of lavender, if desired.