

Lavender & Chrysanthemum jam

Feie

Yield: 4 bottle

Ingredients:

- 200 G lavender
- 200 G Chrysanthemum
- 1 L water
- 20 gr pectin
- 1 Lemon
- 500 g sugar
- Food colorant

Method

- Bring the water to boil in a saucepan over medium-high heat, turn it off then put in the lavender and chrysanthemum and leave it to steep for 20 minutes
- Strain the flowers then put in the pectin and lemon and boil it
- Put in the sugar and let it boil until it thickens
- Pour the mixture into a clean jar and store in a cool dark place.

Serving method:

- Mix with tea/water for stress relief or insomnia
- Spread on pastries or bread

Health benefit:

- Helps insomnia problems
- anxiety/stress relief
- Reliefs headache/migraines
- Boost immune system
- Treating mood disorder
- Nourish skin and hair

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Date of submission:

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