



Lavender powdered sugar

| Amount | ingredients |
|--------|-------------|
|--------|-------------|

ca 5 EL [dried lavender flowers](#)

best you use real lavender (Lavendula Angustifolia)

I also use lavender herbs

500 gr sugar

1/2 Espl a half espresso spoon full [purple food coloring](#) in form of [powder](#)

I used the coloring of Fa. Wilton

also you need:

[glases to close](#)

high effectiv mixer/ [Nutribullet](#)

baking paper

Preparation:

1

You are also welcome to use dried flowers from the pharmacy in this recipe.

Although the right drying process determines the quality of the lavender, the timing of the harvest is just as important.

To get the lavender dry, you need to harvest it at the right time. This is about to flower completely, because then they have the strongest aroma. The perfect time to recognize that some small flowers already open, others are still closed. That's when the plant produces the most essential oil a year.

To dry the lavender, it is best to cut off all the stems ten centimeters below the flowers. Make sure that there is no morning dew or moisture on the flowers, as otherwise mild mold can form. Ideally, you should harvest in the late morning or midday, as the flowers are then usually completely dried. Bundle the stems in tufts with a thread or a loose wire. Rubber bands are ideal because the stems lose water and shrink during drying. Hang the bundles upside down to dry, there is e.g. a [herbal dryer](#) just for these purposes. But you can also easily attach it to a clothesline. The place for it should be dry and shady. Because: sunlight bleaches out the flowers and reduces the fragrance effect of the essential oils. When hanging, make sure there is enough space between the bundles to allow the air to circulate very well. During drying flowers should not be touched, as this evaporates a part of their fragrance. By spreading paper, falling flowers can be easily caught. If you do not have a loft or a similarly suitable place to dry, you can simply spread the flower stems loosely on a tray or on a [herbal drier / net](#). A gentle, slow drying serves to maintain the active ingredients. Never dry in the sun or in the oven !! Important substances can be damaged. Once the flowers crumble between your fingers - the lavender is completely dried.



Now you can store them in [airtight containers](#) in a dark place. Here the aroma of lavender is wonderfully long. But it is also very suitable [dark cardboard](#). Due to the influence of light, the flowers would only fade unnecessarily.

Under no circumstances should a plastic or metal container be used for storage, as this can lead to chemical reactions.

There are many different types and varieties of lavender. They have significant differences in effect, fragrance and color differences after drying. Basically also applies here: the wild-growing species Genuine lavender, crested, Speik and Wollavendel have the greatest effect and healing power. So it's well worth your while to find out which lavender is growing in your garden.

2

Mix sugar and lavender and pulverize in [Nutribullet](#).

Now comes the [food coloring](#). Best purple powder food coloring.

However, since I did not have them at home, I used the gel color of Wilton in the clay violet. about ½ espresso spoon for my purposes was enough.

I first mixed half of the sugar with sugar and then the second. After that I spread the sugar on a baking paper - I wanted to make sure it was really dry and left it in a warm place for 2 hours. Afterwards I filled it into beautiful glass bottles and I keep it in a dark place in my spice cupboard.

Aside from that, he's used my cookies twice. As icing in the poppy seed cookies and white chocolate knobs, I also rolled in this sugar. Just fantastic. But I'm really excited about what you're saying.

***If you liked my recipe and pictures, I would be happy to read from you.
Have fun with the imitation.***



Lucina's tips:



Always use BIO Lavender!

And no ornamental plants from the nursery - these are most sprayed! The sweetish lavender, the *Lavandula angustifolia*, really tastes good. If you do not have a garden or dried lavender, you can get dried lavender flowers for this recipe. get from pharmacy or buy here.



I wish good luck and

Buon appetite!!

your Lucina Cucina