



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Lavender Honey Sugar Scrub **MAKES** approx 2/3 cup

CATEGORY Cosmetic **PREP TIME** _____ **COOK TIME** _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1/3 cup fine granulated sugar
1/4 cup softened cold press virgin coconut oil
1 tbsp lavender infused oil
1 tbsp raw liquid honey
1/2 tsp finely ground dried lavender buds

DIRECTIONS

1. Using a coffee grinder or small food processor, pulse the lavender buds to a fine grind.
2. In a small mixing bowl, use a fork to combine sugar and coconut oil until evenly combined.
3. Add oil, honey and lavender grinds to the mixture and continue mixing until even.
4. Spoon mixture into an air-tight container for storage.

STORAGE

Store in an air-tight container in a cool, dark place.

MY NOTES
