Chamomile Lavender Simple Lemonade Syrup

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Yield: 3 cups

2 cups sugar 2 cups water

1/4 cup chamomile-lavender herbal tea

In a small saucepan, combine the sugar and water. Bring just to boiling. Stir until the sugar is dissolved. Cool.

Strain after cooling.

Cover and chill for at least two hours before using.

Store in a refrigerator, covered, for up to two weeks.

Chamomile and lavender is available as a loose tea blend, but a combination of chamomile tea and dried lavendar flowers works as well.

Per Serving (excluding unknown items): 1548 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 400g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 27 Other Carbohydrates.

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% Calories from Carbohydrates: 100.0% Riboflavin B2 (mg): % Calories from Protein: 0.0% Riboflavin B2 (mg): Total Fat (g): 0g Folacin (mcg): Saturated Fat (g): 0g Niacin (mg): Monounsaturated Fat (g): 0g Caffeine (mg): Alcohol (kcal): Polyunsaturated Fat (g): 0g Alcohol (kcal): Carbohydrate (g): 0mg Carbohydrate (g): 0g Grain (Starch): Protein (g): 0g Grain (Starch): Protein (g): 18mg Vegetable: Potassium (mg): 13mg Non-Fat Milk: Iron (mg): trace Fat: Zinc (mg): trace Other Carbohydrates: Vitamin C (mg): 0mg				
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Nutrition Facts

Calories 1548	Calories from Fat: 0	
	% Daily Values*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Cholesterol Omg	0%	
Sodium 18mg	1%	
Total Carbohydrates 400g	133%	
Dietary Fiber 0g	0%	
Protein 0g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	1%	
Iron	2%	

^{*} Percent Daily Values are based on a 2000 calorie diet.