



TO SUPPORT SURVIVORS OF TORTURE

GOOD FOOD

GOOD COMPANY

GREAT CAUSE

## LAVENDER SUGAR

### You will need:

- 1kg caster sugar
- 2 tablespoons of lavender flower

### Makes:

8-10 small jars or bags

### Method:

Mix the sugar and lavender together. Store in a glass jar until ready to use.



Freedom from Torture clients made these jars with lavender picked in our weekly gardening group. Lavender sugar can be used for a variety of things like sprinkling over shortbread or stirring into fresh fruit.

**FREEDOM  
FROM  
TORTURE**

[#summersupperclub](#)

[freedomfortorture.org/supperclub](https://freedomfortorture.org/supperclub)

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