

FLAVORED SUGARS

INGREDIENTS

8 FRESH MINT LEAVES (OR SUBSTITUTE FOR ANOTHER FLAVOR SUCH AS LAVENDER)

2 CUPS OF GRANULATED WHITE SUGAR

DIRECTIONS

*TAKE 8 FRESH MINT LEAVES, WASH AND PAT DRY

*MUDDLE THE MINT LEAVES WITH A WOODEN SPOON TO RELEASE THE ESSENCE OF MINT OIL INTO SUGAR

*ADD 2 CUPS OF GRANULATED WHITE SUGAR (OR TURBINE SUGAR) WITH THE MINT IN A CLEAN GLASS JAR

*SEAL THE JAR AND 3-4 TIMES A WEEK STIR THE SUGAR TO BREAK UP ANY CLUMPING, WHICH IS NORMAL

*THE MORE MINT YOU ADD THE MORE MINT FLAVOR YOUR SUGAR WILL HAVE

NOTES:

AFTER THE FIRST FEW DAYS THE SUGAR WILL STOP CLUMPING AS THE HERBS DRY OUT AND THE DRIED LEAVES WILL BEGIN TO MIX THROUGHOUT THE SUGAR WITH THE STIRRING.