



**Kamm's Corners Farmers Market
Chef Demonstrator: Matt Spinner,
Great Lakes Brewing Company
Sunday June 22, 2008**

Strawberry Lavender Smoothies

Ingredients: 1 cup heavy cream
2 tsp lavender
2 cup frozen strawberries
1 tbsp honey
1 tbsp granulated sugar
pinch salt

Procedure: Add cream and lavender in saucepan. Scald the cream mixture, until little bubbles form on the outside. Run the mixture through a siv to remove all the flowers. Cool cream about an hour in the refrigerator. Put strawberries, cream, honey, sugar and salt in blender. Blend until smooth.



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