

Infused Rose Honey

To make this simple infused honey, we combined rose hips, rose buds and rose petals in a jar, filling the jar with raw honey until the rose parts are completely submerged. Turning the infusion for 4 weeks, it's bottled and ready to sweeten tea and treats, serve atop toast, or drizzle on oatmeal and yogurt.

Organic Ingredients:

- Rose petals
- Rose hips
- Rose buds

The Medicinal Value of Rose

- Rosehips are very high in vitamin C and flavonoids, strengthening the immune system and making them great allies against cold and flu.
- Rose petals offer gallic acid, an antioxidant compound with anticancer, antimicrobial, anti-inflammatory, and pain-relieving effects.
- Rose petals are a good source of vitamins and phytonutrients, including vitamin C, iron, calcium, vitamin A, and vitamin E.

The Healing Benefits of Honey

When it comes to honey, it boasts some truly medicinal qualities. Here are a few:

- This infused honey is a great way to nourish your gut with prebiotics, feeding good bacteria for a balanced digestive system. It also works to improve gut microflora overall.
- Honey also works as a balm to soothe sore throats and hacking coughs.



- Honey has antimicrobial properties that help improve the healing process and reduce healing time.

Dosage and Storage

Store in a cool, dry place (usually your cupboard or pantry works).

Included Items

- Half-gallon infusion jars
- 7 cups Raw Honey
- Half a pound of organic spices per jar (about 2.5 cups)