

## Intro into Herbal Energetics and Formulas

### Lesson 3 Homework

#### Hot Energetics, Sweet Herbs, Powders and Honeys

Complete each of the following from the choices in the Lesson 3 Resources:

- 1 Sweet Herb Recipe
- 1 Herb Honey Recipe
- 1 Herb Powder Recipe
  
- The Sweet Herb Recipe I chose was:
- Comments on this recipe:
  
- The Herb Honey Recipe I chose was:
- Comments on this recipe:
  
- The Herb Powder Recipe I chose was:
- Comments on this recipe: