Homemade Vanilla Flavoring

Ingredients

- 1/2 cup boiling water (let water boil a few minutes)
- 1 or 2 vanilla beans
- 1 tsp liquid soy lecithin (available at health food stores)
- 2 Tbsp honey
- 2 Tbsp oil

Instructions

1. Cut up vanilla bean in small pieces and add to boiling water.
2. Let stand 6-8 hours in a sealed container so there is no volatile action and so the flavor does not escape.
3. After soaking, pour the bean and water into blender and liquefy.
4. Strain.
5. Return to blender and add 1 tsp lecithin, 2 Tbsp honey, and 2 Tbsp oil.
6. Blend a few seconds.
7. Pour into bottles with tight seals and refrigerate.
8. Shake before using.

Homemade Vanilla Flavoring

½ cup boiling water (let water boil a few minutes)
1 or 2 vanilla beans
1 tsp. liquid soy lecithin (avail. at health food stores)
2 Tbls. honey
2 Tbls. oil

Cut up vanilla bean in small pieces and add to boiling water. Let stand 6-8 hours in a sealed container so there is no volatile action and so the flavor does not escape. After soaking, pour the bean and water into blender and liquefy. Strain. Return to blender and add 1 tsp. lecithin, 2 Tbls. honey and 2 Tbls. oil. Blend a few seconds. Pour into bottles with tight seals and refrigerate. Shake before using.

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