

Lavender Sniffy Beanbags



A lavender sniffy beanbag is a playful sachet to toss and sniff. The uplifting scent is calming and relaxing.

What you need: Colorful cotton fabric, lavender buds, pinto or kidney beans, needle and thread

What to do:

1. Cut two 4" squares from cotton fabric.
2. Lay one square on top of another. (colorful sides facing each other)
3. To make the bag, sew three of the four sides with a $\frac{1}{4}$ seam.
4. Fill the bag with $\frac{1}{4}$ cup lavender and $\frac{1}{4}$ cup pinto beans.
5. Use the thread and needle to sew the 4th side closed.

Other herbs and spices to fill beanbags

- Chunks of cinnamon
- Dried peppermint and spearmint leaves
- Dried lemon verbena, spearmint, and rosemary
- Dried rose petals and lavender

A recipe from *The Herb Club*

By *Kathy Stevens*