

## **Nutritious Herbal Recipes**

**By Christa Sinadinos**

### **Nutritive Tea**

2 parts Peppermint, Spearmint, and Lemongrass  
2 parts Rosehips  
1 part Oat straw  
1 part Nettles  
½ part Alfalfa  
½ part Horsetail  
½ part Red clover

### **Seaweed Sprinkle**

2 parts Dulse  
1 part Milk thistle seeds or sesame seeds (ground) or ½ part each  
½ part Nori or Hijike (chopped) can be toasted as well  
½ part Nettles ground  
¼ part Rosemary, Oregano, or Rosemary

### **Digestive Chew**

2 parts Crystallized Ginger (chopped) optional  
2 parts Fennel seed  
2 parts Anise seed  
1 part Cardamom seed  
1 part Orange peel

### **Rosehip Jam**

1 cup Rosehips (cut and de-seeded)  
2 cups Fruit juice (non-citrus)  
Place the ingredients in a jar and soak overnight. Blend together in a food processor in the morning. Store the jam in the refrigerator. Eat by the spoonful, or serve on toast or pancakes.

### **Herb Butters**

#### **Rosemary & Thyme Butter**

1 stick of Butter  
1 tbs. Rosemary (fresh, chopped)  
1 tbs. Thyme (fresh, chopped)  
1 Clove Garlic (peeled, chopped)

#### **Oregano & Marjoram Butter**

1 stick of Butter  
1 tbs. Oregano  
1 tbs. Marjoram

#### **Herbs De Provance**

1 stick of Butter  
1 tsp. Basil (chopped or ground)  
1 tsp. Tarragon (chopped or ground)  
1 tsp. Chervil (chopped or ground)

#### **Garlic & Chive Butter**

1 stick of Butter  
3 cloves Garlic (peeled, chopped)  
2 tbs. Chives (chopped)

### **Keep on Truckin' Trail Mix**

Mix the following ingredients and eat as a "trail mix."

2 oz. Longan Berries  
2 oz. Mulberries  
1 oz. Lycii Berries  
2 ½ oz. Pecans (1 cup)  
1 ½ oz Pumpkin seeds (½ cup)  
½ oz Almonds (¼ cup)