

Herbs for Health and Well-Being: Recipes



By Anastasia Pryanikova

www.mudrootsandmoonlight.com

“Pick-me-up & Warm-me-up” Hot Chocolate

This delicious and warming drink combines the rich taste of raw cacao, the gentleness of rose petals and the vigor of Shatavari root, which is a powerful rejuvenating tonic in Ayurveda, the medical science of India. According to its name, it is an herb for “the woman with hundreds of husbands” due to its aphrodisiac action along with many other health benefits. The corresponding Ayurvedic herb for males is Ashwagandha, that “which has a smell of a horse” because it gives the vitality and energy of a horse. By the way, both herbs can be used by men and women for numerous health benefits. In this recipe, you can easily substitute one for the other and enjoy their energizing effects.

Serves: 1

Ingredients

- 1 cup almond milk
- 1 tablespoon raw cacao powder
- 1 tablespoon shatavari root powder
- ¼ teaspoon rose petal powder
- 1 tablespoon pure maple syrup
- ¼ teaspoon vanilla extract

Instructions

- 1: Whisk together cacao powder, shatavari root powder and rose petal powder.
- 2: Heat almond milk and vanilla extract in a small saucepan until steaming.
- 3: Pour a few tablespoons of hot milk into the dry ingredients and whisk until smooth, breaking up any clumps of cacao.
- 4: Add the cacao mixture to the rest of the milk and simmer for 2-3 minutes.
- 5: Remove from heat.
- 6: Add maple syrup.
- 7: Let it cool a bit and enjoy!

Notes

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Heart of Gold Turmeric Latte

When it's cold outside,
And the energy is slow,
Dip your lips into the warm, golden ginger-turmeric
glow.

Serves: 1

Ingredients

2 cups milk or nut milk.

About 1 inch sliced fresh turmeric root or 1 tea-
spoon turmeric powder.

About 1 inch sliced fresh ginger root.

1/2 teaspoon ashwagandha (optional).

Pinch of cinnamon, cardamom, black pepper.

Maple syrup to sweeten.

Instructions

- 1: Reserve some milk for frothing (optional).
- 2: Combine all ingredients, bring to boil and simmer for about 10 minutes.
- 3: Strain the mixture.
- 4: Froth the reserved milk (on hot) and fold it into the latte.
- 5: Sweeten with maple syrup.

Notes



Ginger & Spice Tea

Fuel the fire in your belly
To digest all that's not jelly.

Instructions

- 1: Add and mix well all ingredients.
- 2: Place the tea into an air-tight container and store in a cool place out of direct sunlight.
- 3: Use 1-2 teaspoons per 8 oz. of hot boiling water.
- 4: Steep for 5-10 minutes.
- 5: Sweeten with honey or maple syrup or any other sweetener of your choice. Enjoy!

Ingredients

I use parts in this recipe so you can blend as much or as little of this herbal tea as you want. For example, 1 part could be 1 tablespoon or 1 cup. You adjust the measurements proportionally.

2 parts tulsi (holy basil)

2 parts rose petals

1 part orange peel

1 part dried ginger root

1/2 part fennel seeds

1/2 part cinnamon

1/4 part black peppercorns

1/4 part cardamom

1/8 part cloves

Notes



Uplifting Tea

May your heart be filled with excitement,
Your belly— with laughter,
And your mind—with good thoughts.

Instructions

- 1: Add and mix well all ingredients.
- 2: Place the tea into an air-tight container and store in a cool place out of direct sunlight.
- 3: Use 1-2 teaspoons per 8 oz. of hot boiling water.
- 4: Steep for 5-10 minutes.
- 5: Sweeten with honey or maple syrup or any other sweetener of your choice. Enjoy!

Ingredients

I use parts in this recipe so you can blend as much or as little of this herbal tea as you want. For example, 1 part could be 1 tablespoon or 1 cup. You adjust the measurements proportionally.

1 part hibiscus flowers

1 part lemon balm

1 part oatstraw

1 part damiana

Notes



Mulling Spices

These mulling spices add extra magic to your apple cider or a bottle of wine. They also make your home smell amazing! I add astragalus root to this recipe for extra immune boosting properties.

Ingredients

1/2 gallon of apple cider, or
2 750ml bottles of red wine
2 cinnamon sticks
1 teaspoon orange peel
1 teaspoon dried astragalus root
8 whole allspice berries
8 whole cloves
1 or 2 whole star anise
1/8 teaspoon cardamom

Instructions

- 1: Combine all ingredients.
- 2: Place the spices into a food-grade muslin bag or cheesecloth and tie to the cinnamon sticks.
- 3: Add your mulling spice pouch to 1/2 gallon of apple cider or 2 750ml bottles of red wine.
- 4: Simmer on low heat for 30 minutes.
- 5: Sweeten with honey if you so desire and enjoy!

Notes



Elderberry Syrup

Elderberry syrup,
Our cooler seasons' friend,
Prevents colds and flus
And puts bodies on the mend.

Ingredients

3/4 cups black elderberries
4 cups water
2 tablespoons dried ginger root
1 teaspoon cinnamon
1/2 teaspoon cloves or clove powder
1 1/2 cups raw honey

Instructions

- 1: In a large saucepan combine elderberries, ginger, cinnamon, cloves and 4 cups of water.
- 2: Bring the mixture to a boil, cover and simmer on low heat for about 45-60 minutes until the liquid has reduced by almost half.
- 3: Remove from heat and let cool.
- 4: Strain the mixture through a cheesecloth lined strainer, mashing the berries with a spoon and squeezing out the liquid into a glass jar.
- 5: Add honey and stir well.
- 6: Keep refrigerated.

Notes

Take daily during cold seasons to boost immunity.
1/2 –1 tablespoon for adults
1/2-1 teaspoon for children.

If you have come down with symptoms, you can take it every 2-3 hours.



Immune Support Broth

“Let food be thy medicine, and medicine be thy food,” said ancient Greek physician Hippocrates. Some sources of food offer better medicinal qualities than others. For this Immune Support broth, I used the usual vegetable broth staples: onions, garlic, carrots, parsnip, celery, parsley and rosemary. They are all wonderful suppliers of nutrients in their own right. To the usual suspects, I added a few extra medicinal herbs and let my crockpot do its magic. Even if you don’t have all the ingredients, it is fine to use what you have. You can also use this recipe when you make your own bone broth. Experiment!

Instructions

- 1: Place all the ingredients into a slow cooker.
- 2: Cook on the Low setting for 12 hours or even longer.
- 3: Turn off the slow cooker and let it cool.
- 4: Strain the broth through a cheesecloth lined strainer into glass jars.
- 5: Refrigerate and use as the base for your favorite soups.

Ingredients

1 onion, sliced
2 carrots, chopped
1 parsnip, chopped
2 stalks of celery, chopped
1/2 cup parsley, chopped
3-4 sprigs of rosemary
1 cup shiitake mushrooms
4-5 cloves of garlic
1/4 cup dried seaweeds
1 tablespoon astragalus root
1 tablespoon burdock root
2 tablespoons dried nettle
Salt and pepper to taste
8 cups of water

Notes



Hawthorn Brandy Potion

May this tincture of hawthorn berry keep hearts strong and merry!

All it takes is time for the alcohol in Brandy to extract the heart-nurturing goodness of hawthorn berries.

Ingredients

1 cup dried hawthorn berries

Pint 80 proof Brandy

Pint glass jar

Amber tincture bottles to store your hawthorn brandy.

Instructions

- 1: Put the dried hawthorn berries into a clean, sterilized glass jar.
- 2: Pour in a pint of brandy to cover the berries.
- 3: Screw a lid on the jar and store for 2-4 weeks in a cool, dry place.
- 4: Shake your jar daily to help the extraction process.
- 5: Strain the mixture through clean muslin, squeezing out the liquid.
- 6: Pour the tincture into clean amber glass tincture bottles through a funnel.
- 7: Label and date your bottles so you remember what it is and when you made it.
- 8: Keep in a cool place away from children.

Notes

A teaspoon a day may keep heart troubles away.

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