



BRIGHTEN YOUR HOLIDAY SEASON WITH 5 HERBAL HOLIDAY RECIPES

ROSEMARY AND SUGARED PLUM TONIC

Add 3/4 cup of tonic water, 3 Tbsp of homemade sugared plum syrup, 3 oz gin (optional) and 1 tsp lemon juice to a glass filled with ice. Drizzle with honey, garnish with a rosemary sprig and plum slices. Enjoy!



CRANBERRY SAGE ELIXIR

Muddle blanched cranberries, fresh sage, a lime wedge and orange wedge in the bottom of a shaker. Add 1/2 cup of cranberry juice, 1/4 cup of orange juice, and agave. Strain mixture into a glass and fill with tonic water.

SPIKED HOT CACAO

Simmer 2 cups of milk of choice in a saucepan with 1/8 cup of raw cacao, agave and vanilla extract. Stir constantly until evenly mixed and heated. Remove from heat, pour into your favorite mug and add a splash of Irish cream. Garnish

with a fresh peppermint sprig!

HOMEMADE PEPPERMINT TEA

Gather a bundle of fresh peppermint and tie together at the base of the bunch. Hang upside down in a cool dark area with good air flow for about two weeks. Once fully dry, crumble fresh peppermint and add to a tea bag or strainer and steep in hot water.

RETHINK GINGERBREAD COOKIES

Make your favorite gingerbread cookie recipe and top with:

- chopped dates
- candied ginger
- dark chocolate chips
- goji berries
- chopped nuts
- seeds
- fruit (fresh & dried)
- edible flowers
- fresh mint
- coconut flakes

