

March Wellness Recipes

Ginger Tea

Ingredients:

- 1-2 pounds of ginger
- 3 tbsp lemon juice
- *Optional local honey

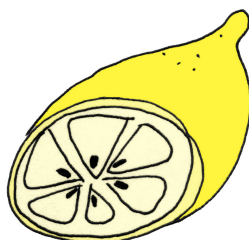
Instructions:

- Juice* or grate on a fine settling 1-2 pounds of ginger; place in a jar.
- Add 3 tbsp lemon juice.
- Put this concentrate in the refrigerator. Keeps for up to a week.

Single serving:

- Place 2-4 ounces of ginger juice in a mug with 6 ounces of hot water. Add honey if desired.
- This mixture will be strong. For less strength adjust the ratio to be less ginger juice and more water.

* No juicer, no problem! Place ginger and 1/8 cup water in a high-speed blender. Blend until completely pulverized and strain through a mesh strainer.



Rose Hip Spread

Ingredients:

- 1/2 cup cut and sifted dried rose hips
- 3/4 cup frozen raspberries
- 1 1/2 tbsp chia seeds
- 1 cup water
- 1 tsp orange zest
- 2 tsp lemon juice
- 1 tbsp honey or maple syrup

Instructions:

- Place dried rose hips, chia seeds and water in a jar. Shake well to wet mixture. Let soak overnight in the refrigerator.
- Place mixture with the rest of the ingredients in a high speed blender and process until smooth.
- Keeps up to 1 week in the fridge.

Enjoy with yogurt, oatmeal, in a smoothie, spread on toast or by the spoonful!