



THE
**ADAPTOGENIC
HERBAL**
KITCHEN

—
Caroline Hwang

MORE THAN 65 EASY RECIPES AND REMEDIES THAT PROTECT AND HEAL



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RODALE
NEW YORK

The author has researched each adaptogen used in this book but is not responsible for any adverse effects any of the adaptogens may have on an individual. One adaptogen may be good for one person but have a negative effect on another. All of the adaptogens are consumed entirely at your own risk. This book is not intended as a substitute for the advice and care of your physician, and you should use proper discretion in utilizing the information presented.

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Published in the United States by Rodale Books, an imprint of Random House, a division of Penguin Random House LLC, New York.

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Originally published as *Les Plantes Adaptogènes* in France by Marabout, a member of Hachette Livre, Paris, in 2019. Copyright © 2019 by Hachette Livre (Marabout).

Library of Congress Cataloging-in-Publication Data has been applied for.

ISBN 9780593137567

Ebook ISBN 9780593137574

Photographs by Deirdre Rooney

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INTRODUCTION

We all live busy and stressful lives, and we all have responsibilities, endless tasks, and difficult emotions. Continuous stress can cause damage to our digestive, immune, and nervous systems, which in turn can present itself in forms of chronic pain, digestive issues, and weakened immune systems, among other issues. While managing stress is not an easy task, we can utilize strategies such as exercising, meditating, or going to therapy. Adaptogens present a unique way to restore balance and help your body manage stress. They are a non-toxic, non-habit forming, natural substance that protects against damage in the body caused by stressors. Adaptogens don't reduce stress, but rather biologically increase the body's capacity to handle physical, mental, and emotional stress. They adapt to the needs of the body in order to support optimal health. Adaptogens can also aid the body in other ways, such as increasing energy and libido, boosting immunity, and fighting depression and anxiety.

What are Adaptogens?

Adaptogens have become very popular, but their roots are in traditional Chinese medicine and have been used for centuries. These herbal remedies come in the form of roots, herbs, and fungi. They can be easily used in tinctures, tisanes, smoothies, juices, and soups, as you will soon find. However, to make adaptogens effective, you must be consistent in taking them and treat them the same way you would a daily supplement. As with any supplement, always consult with a health professional before using them. Many of these can be bought online or at your nearest herbal/health-food store.





THE PHILOSOPHY OF YIN-YANG

The philosophy of yin-yang is the basis of Traditional Chinese Medicine (TCM). For every yin there must be a yang, and if there is any imbalance, illness occurs. Yin and yang are constantly in flux. In TCM, there are four states: excess of yin, excess of yang, deficiency of yin, and deficiency of yang—and everything is connected.

In TCM, illnesses and diseases are not diagnosed based on symptoms but based on the Eight Principles, a group of four opposites, to bring the body back to balance. The Eight Principles are symbiotic opposites: yin and yang, excess and deficiency, heat and cold, exterior and interior. For instance, if there is a yang deficiency, it means there is an excess of yin (usually connected to cold), so herbs and adaptogens are used to warm the body and bring the yang up to balance the yin. Different adaptogens work to balance and tonify the body and its functions as well as create resistance to stressors.

How to use them


Adaptogens can be used in a variety of ways. Make teas, tisanes, and tonics with them by using the roots; sprinkle powders into smoothies, juices, and soups; or use the whole root, such as ginseng, in soups and stews. If powders are a bit coarse, either strain the final product or grind into a finer powder with a spice grinder.


Extractions, ratios, raw form


Adaptogens and medicinal herbs come in many different forms depending on where you get them from. You will notice that some come as extractions (i.e., 10:1 extract), which means that the


manufacturers extract and isolate the medicinal compounds from the whole plant product. They extract the specific compounds that are believed to be the plant's medicinal benefits, and each manufacturer has their own process of extraction. Other sources will provide the whole plant product, which includes all the natural properties. Make sure you take note of this when you calculate the dosage. In this book, the whole plant product dosage is used. If you use an extraction, use the dosage provided on the label.


Adaptogen chart


ADAPTOGEN	<p>Ashwagandha (Indian Ginseng/Winter Cherry)</p> 
CHINESE NAME	Nan Fei Zui Jia
DOSAGE/DAY	½–1 teaspoon
BODY/ORGAN TARGET	<p>TONE THE QI Thyroid, Lungs, Spleen</p>
BENEFITS	<ul style="list-style-type: none"> • Sleep inducer • Immunity booster • Reduces stress, anxiety, depression • Good for colds, coughs, heaviness in chest • Endurance • Antioxidant
TASTE	Sweet, earthy


ADAPTOGEN	Astragalus 
CHINESE NAME	Huáng Qí
DOSAGE/DAY	4½–7½ teaspoons
BODY/ORGAN TARGET	TONE THE QI Heart/spleen
BENEFITS	<ul style="list-style-type: none"> • Immunity booster (antibacterial/antiviral) • Fatigue fighter
TASTE	Sweet


ADAPTOGEN	Chaga 
CHINESE NAME	Bai Hua Rong
DOSAGE/DAY	1–2 teaspoons
BODY/ORGAN TARGET	TONE THE QI Spleen, Liver, Lungs
BENEFITS	<ul style="list-style-type: none"> • Immunity booster • Fatigue fighter • Stress reliever • Nutrient dense • Detoxifies
TASTE	Earthy, somewhat bitter


ADAPTOGEN	Cordyceps 
CHINESE NAME	Dōng Chóng Xià Cǎo
DOSAGE/DAY	$\frac{3}{4}$ –2 teaspoons
BODY/ORGAN TARGET	TONE THE YANG Lungs, Kidneys
BENEFITS	<ul style="list-style-type: none"> • Aids respiratory system • Aids sexual dysfunction • Immunity booster • Fatigue fighter • Anti-inflammatory
TASTE	Chocolate-y


ADAPTOGEN	 <p>Eleuthero (Siberian Ginseng)</p>
CHINESE NAME	Cì Wǔ Jiā
DOSAGE/DAY	2–7 teaspoons
BODY/ORGAN TARGET	<p>TONE THE QI</p> <p>Spleen, Heart, Kidneys</p>
BENEFITS	<ul style="list-style-type: none"> • Immunity booster • Fatigue fighter • Energy boosting • Calming • Endurance
TASTE	Spicy, slightly bitter


ADAPTOGEN	Ginseng 
CHINESE NAME	Rén Shēn
DOSAGE/DAY	¾–1½ teaspoons
BODY/ORGAN TARGET	TONE THE QI Lungs, Spleen
BENEFITS	<ul style="list-style-type: none"> • Anti-inflammatory • Fatigue fighter • Highly antioxidant • Stress reliever <p style="text-align: center;">*Can be too stimulating for those who are sensitive</p>
TASTE	Sweet, slightly bitter


ADAPTOGEN	He Shou Wu 
CHINESE NAME	Zhì Hé Shǒu Wū
DOSAGE/DAY	2–7 teaspoons
BODY/ORGAN TARGET	STONE THE BLOOD Liver-Kidney Yin
BENEFITS	<ul style="list-style-type: none"> • Fatigue fighter • Antiaging • Blood building • Antioxidant • Improves stamina • Provides resistance to cold
TASTE	Sweet/chocolate-y, bitter, astringent


ADAPTOGEN	Licorice 
CHINESE NAME	Gen Cǎo
DOSAGE/DAY	1/3–2 teaspoons
BODY/ORGAN TARGET	TONE THE QI Heart, Lungs, Spleen, Stomach
BENEFITS	<ul style="list-style-type: none"> • Eliminates toxins • Aids digestion • Immunity booster • Anti-inflammatory • Alleviates pain
TASTE	Sweet

ADAPTOGEN	Maca 
CHINESE NAME	Hóu Zǎo
DOSAGE/DAY	1/3–1 teaspoons
BODY/ORGAN TARGET	TONE THE QI Heart, Lungs, Liver, Gallbladder
BENEFITS	<ul style="list-style-type: none"> • Fatigue fighter • Increases fertility • Energy booster
TASTE	Bitter, salty

ADAPTOGEN	 <p>Reishi</p>
CHINESE NAME	Ling Zhi
DOSAGE/DAY	¾ teaspoons
BODY/ORGAN TARGET	<p>TONE THE JING, QI & SHEN</p> <p>Heart, Liver, Lungs, Kidneys</p>
BENEFITS	<ul style="list-style-type: none"> • Immunity booster • Food allergy fighter • Anti-inflammatory • Antiaging
TASTE	Earthy, somewhat bitter

ADAPTOGEN	Rhodiola 
CHINESE NAME	Hóng Jǐng Tiān
DOSAGE/DAY	1½–6 teaspoons
BODY/ORGAN TARGET	TONE THE QI Lungs, Heart
BENEFITS	<ul style="list-style-type: none"> • Increases stamina • Reduces depression • Fatigue fighter • Best for adrenal fatigue
TASTE	Sweet, slightly bitter

ADAPTOGEN	Schisandra 
CHINESE NAME	Wǔ Wèi Zǐ
DOSAGE/DAY	¾–1½ teaspoons
BODY/ORGAN TARGET	TONE QI Heart, Kidneys, Lungs
BENEFITS	<ul style="list-style-type: none"> • Anti-inflammatory • Anxiety reliever • Calming • Insomnia fighter • Regulates cortisol levels
TASTE	Sweet, sour

ADAPTOGEN	Tulsi (Holy Basil) 
CHINESE NAME	jiǎogǔlán
DOSAGE/DAY	2 teaspoons
BODY/ORGAN TARGET	SHEN TONIC
BENEFITS	<ul style="list-style-type: none"> • Antioxidant • Anxiety reducer • Regulates blood sugar, blood pressure • Aids digestion • Improves libido
TASTE	Sweet

FATIGUE FIGHTING (ENERGY BOOSTING)

Do you get tired during the day and need a boost around 3 p.m.? If so, then these recipes are for you, as they will help you power through your day without a crash.

[Ketogenic Coffee](#) • [Cinnamon Latte](#) • [Cherry-Lime Rickey](#) • [Orange Glow](#) • [Watermelon \(Virgin\) Michelada](#) • [Cacao, Banana & Almond Smoothie](#) • [Apple & Ginger Tisane](#) • [Pineapple & Coconut Water Cooler](#) • [Hojicha–Almond Milk Latte](#) • [Horchata](#) • [Barley Soup with Mushroom Stock](#) • [Kombu Soup with Mushrooms & Tofu](#) • [Jerusalem Artichoke Velouté](#) • [Curried Squash Soup](#)

KETOGENIC COFFEE

HE SHOU WU & CORDYCEPS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1½ cups hot, freshly brewed coffee

1 teaspoon coconut oil

1 teaspoon ghee

1 tablespoon he shou wu powder

½ teaspoon cordyceps powder

He shou wu can help to reduce fatigue.

-  *Antioxidant rich*
-  *Immunity boosting*
-  *Blood pressure lowering*

Combine all of the ingredients in a blender and blend for 2 to 3 minutes until frothy. Serve immediately.



CINNAMON LATTE

CORDYCEPS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup warm milk (or any milk of choice)

1 teaspoon cordyceps powder

½ teaspoon ground cinnamon

1 tablespoon collagen powder

1 teaspoon coconut oil

Cordyceps is packed with antioxidants, which help with antiaging.

I *Immunity boosting*

B *Bloat reducing*

D *Aids digestion*

Combine all of the ingredients in a blender and blend for 2 to 3 minutes until frothy. Serve immediately.



CHERRY-LIME RICKEY

SCHISANDRA & ASTRAGALUS






Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

- ¼ cup tart cherry juice
- 3 tablespoons simple syrup (1:1 sugar to water, dissolved)
- juice from ½ lime, plus a lime wheel for garnish
- 1 teaspoon schisandra powder
- 1 teaspoon astragalus powder
- ice cubes
- club soda

Tart cherry juice is rich in nutrients, which may strengthen your immune system.

-  *Anti-inflammatory*
-  *Heart health support*
-  *Cortisol regulating*

Place all of the ingredients, except for the club soda, in a shaker or tall glass over ice and shake or stir until well combined. Top with the club soda and garnish with the lime wheel.



ORANGE GLOW

GINSENG



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

2¼ ounces frozen papaya, in chunks

1 cup orange juice

⅜-inch piece of fresh ginger, peeled and sliced

1 teaspoon turmeric juice or ground turmeric

1½ teaspoons ginseng powder

Turmeric contains the antioxidant curcumin, which helps to ease joint pain.

A *Anti-inflammatory*

I *Immunity boosting*

S *Stress relieving*

Combine all of the ingredients in a blender and blend for 2 to 3 minutes until frothy. Serve immediately.



WATERMELON (VIRGIN) MICHELADA

RHODIOLA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

sea salt, to garnish rim

½ teaspoon chili powder, plus extra to garnish rim

ice cubes

½ cup tomato juice

3½ ounces watermelon, cubed and blended until smooth

juice of 1 lime, plus a wedge for garnish

1 tablespoon Worcestershire sauce

2 teaspoons rhodiola powder

Rhodiola is known to combat tiredness and reduce stress.



Hydrating



Antioxidant rich



Anti-anxiety

Rim the glass with the salt and chili powder, then add the ice. Add the tomato juice, watermelon juice, lime juice, Worcestershire sauce, and rhodiola powder and stir until combined. Garnish with the lime wedge.



CACAO, BANANA & ALMOND SMOOTHIE

MACA & ELEUTHERO



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup unsweetened almond milk

1 banana, frozen

1 tablespoon almond butter

2 tablespoons cacao powder

1 teaspoon maca powder

1 tablespoon eleuthero powder

ice cubes

Cacao contains lots of magnesium, which helps to boost your energy.



Antioxidant rich



Stress relieving



Cholesterol lowering

Combine all of the ingredients in a blender and blend together.



APPLE & GINGER TISANE

GINSENG



Serves: 1 - Preparation: 3 to 5 minutes - Cooking: 15 minutes

YOU NEED

½ ounce dried apple slices, coarsely chopped
2-inch piece of fresh ginger, peeled and coarsely chopped
2 slices of dried ginseng root
honey (optional)

This warming tea is simple to make and is packed with vitamins.

-  *Anti-inflammatory*
-  *Aids digestion*
-  *Stress relieving*

Combine all of the ingredients in a small pan with 1 cup water and bring to a boil. Cover, reduce the heat, and simmer for 15 minutes. Strain and serve hot with honey, if desired.



PINEAPPLE & COCONUT WATER COOLER

GINSENG



Serves: 1 - Preparation: 5 minutes - Cooking: 10 to 15 minutes

YOU NEED

2 slices of dried ginseng root

½ cup coconut water

½ cup pineapple juice

juice of ½ lime

ice cubes

Ginseng can help fight tiredness and boost your energy.

H *Hydrating*

A *Anti-inflammatory*

D *Aids digestion*

Boil the ginseng root in 6½ tablespoons water and reduce by half. Strain, then cool. Combine all of the remaining ingredients in a tall glass over ice, then add the ginseng tea.



HOJICHA-ALMOND MILK LATTE

HE SHOU WU & REISHI



Serves: 1 - Preparation: 5 minutes - Steeping: 3 to 5 minutes

YOU NEED

1 cup unsweetened almond milk

2 teaspoons hojicha loose-leaf tea

2½ teaspoons he shou wu powder

½ teaspoon reishi powder

soft brown sugar, to taste

Hojicha is a roasted green tea from Japan and is packed with antioxidants, which may keep your heart healthy.



Fiber rich



Vitamin E rich



Energy boosting

Warm the milk in a pan, then add the tea and allow to steep for 3 to 5 minutes. Strain the tea and add, along with the remaining ingredients, to a blender. Blend until frothy. Pour into a heatproof cup and serve.



HORCHATA

HE SHOU WU & ASTRAGALUS



Makes: 5 cups - Preparation: 15 minutes, plus overnight soaking

YOU NEED

4½ ounces macadamia nuts

8½ ounces long-grain rice

1 cinnamon stick

¾ ounces organic white sugar

1 tablespoon he shou wu powder

2½ tablespoons astragalus powder

a pinch of sea salt

Astragalus can help boost your energy.



Antiaging



Bloat reducing



Antioxidant rich

Blend the nuts and rice in a high-powered blender. Transfer to a bowl and add the cinnamon stick. Cover with just enough hot water to cover the nut and rice mixture and leave overnight. The next day, remove the cinnamon stick. Puree the mixture in a blender with 2 cups water, then strain through a muslin-lined sieve. Add the remaining ingredients with another 2 cups water and stir until dissolved. Chill until ready to serve.



BARLEY SOUP WITH MUSHROOM STOCK

CHAGA



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 50 minutes

YOU NEED

3 ounces barley
1 ounce shiitake mushrooms
¼ ounce dried porcini mushrooms
2 teaspoons chaga powder
1 tablespoon olive oil
2 celery stalks, sliced
½ onion, diced

Barley is a good source of fiber, selenium, and copper.

-  *Immunity boosting*
-  *Anxiety relieving*
-  *Fiber rich*

Place the barley, shiitake and porcini mushrooms, and the chaga powder with 5 cups water in a medium pan and bring to a boil. Cover, reduce the heat, and simmer for 30 minutes. Meanwhile, in a large pan, heat the olive oil and cook the celery and onion until translucent. Remove the mushrooms from the stock and slice them, then add with the remaining ingredients to the large pan. Cook for 15 minutes. Season to taste.



KOMBU SOUP WITH MUSHROOMS & TOFU

REISHI



Serves: 2 as a main course - Preparation: 5 minutes, plus 30 minutes soaking - Cooking: 10 minutes

YOU NEED

4-inch piece of kombu
1 tablespoon soy sauce
2 tablespoons sake
1 tablespoon mirin
5¼ ounces maitake mushrooms
¾ teaspoon reishi powder
8 ounces extra-firm tofu, cubed

Kombu is packed with vitamins and minerals, including calcium and iodine.



Iron rich



Protein rich



Thyroid support

In a pan, soak the kombu in 5 cups water for 30 minutes. Add the remaining ingredients, except for the tofu, and bring to a simmer. Remove the kombu, add the tofu, and simmer until just heated through. Serve immediately.



JERUSALEM ARTICHOKE VELOUTÉ

REISHI



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 45 minutes

YOU NEED

- 2 tablespoons olive oil
- 3 Jerusalem artichokes, peeled and coarsely chopped
- 2 leeks, thinly sliced
- 2 potatoes, such as Yukon Gold, peeled and chopped
- 1 thyme sprig
- 5 cups chicken stock
- $\frac{3}{4}$ teaspoon reishi powder

Jerusalem artichokes are a rich source of iron.



Potassium rich



Aids digestion



Blood sugar stabilizing

Heat the oil in a large pan and sauté the vegetables and thyme for 15 minutes. Add the stock and simmer for 30 minutes, or until everything is cooked through. Remove the thyme, add the reishi powder, and puree the soup. Season to taste.



CURRIED SQUASH SOUP

ASTRAGALUS



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 55 minutes

YOU NEED

2 tablespoons olive oil
1 onion, chopped
12 ounces kabocha squash, cubed
2 teaspoons red curry paste
5 cups vegetable stock
1 cup coconut milk
2½ tablespoons astragalus powder

Kabocha squash contains lots of vitamin A, which is important for keeping your skin, hair, and eyes healthy.

-  *Immunity boosting*
-  *Vitamin C rich*
-  *Mineral rich*

Heat the oil in a large pan and sauté the onion and squash until the onion is translucent. Add the curry paste and cook for 1 to 2 minutes. Add the vegetable stock, coconut milk, and astragalus powder to dissolve. Cook until the squash is tender, about 40 to 45 minutes, then transfer to a blender and blend until smooth. Season to taste.



THE LOVE BOOSTER (LIBIDO & FERTILITY)

The recipes in this chapter are good for boosting your libido and fertility, but even if you're not in the mood for love, they are still highly beneficial.

[Peach Coconut Smoothie](#) • [Bananas over You](#)
• [Earl Grey Lavender Latte](#) • [Matcha Love](#) •
[Dandelion Cacao Latte](#) • [Mango Lassi](#) • [Coco-](#)
[Almond Smoothie](#) • [Fertility-Boosting Tea](#) •
[Passion Smoothie](#) • [Nuts over You Smoothie](#)
• [Romancing the Strawberry](#) • [Goddess of](#)
[Love Tonic](#)

PEACH COCONUT SMOOTHIE

MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

3½ ounces frozen peach slices

1 Medjool date, pitted

½ cup coconut milk

¼ cup natural yogurt

1 teaspoon maca powder

Maca can improve libido in men and women.

I *Immunity boosting*

A *Antifungal*

M *Magnesium rich*

Combine all of the ingredients in a blender and blend until smooth.



BANANAS OVER YOU

MACA & ASTRAGALUS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup cold brew coffee

½ cup milk

1 tablespoon sugar, or more to taste

1 frozen banana

1 teaspoon maca powder

2½ tablespoons astragalus powder

Astragalus can help to regulate the menstrual cycle.



Potassium rich



Energy boosting



Calcium rich

Combine all of the ingredients in a blender and blend until frothy.



EARL GREY LAVENDER LATTE

MACA



Serves: 1 - Preparation: 5 minutes - Steeping: 2 to 3 minutes

YOU NEED

1 Earl Grey tea bag

½ teaspoon dried lavender buds, plus extra to garnish (optional)

½ cup milk or milk of choice

1 teaspoon maca powder

¼ teaspoon vanilla extract

1 teaspoon honey (optional)

Maca can restore hormonal balance in women.



Antioxidant rich



Anti-inflammatory



Calming

Steep the tea bag and lavender in 1 cup hot water for 2 to 3 minutes. Strain and place in a blender with the remaining ingredients, except for the honey, and blend until frothy.

Add the honey, if using. Garnish with lavender buds, if desired.



MATCHA LOVE

ASHWAGANDHA & MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 teaspoon matcha (green tea) powder

1 teaspoon maca powder

½ teaspoon ashwagandha powder

1 cup coconut milk, heated

1 teaspoon maple syrup, or more to taste

Ashwagandha can improve egg quality and health.



Antioxidant rich



Immunity boosting



Memory boosting

Place the matcha powder, maca powder, and ashwagandha powder to a mug with 3 tablespoons hot water and whisk until dissolved. Add the heated coconut milk and froth using a milk frother or a whisk. Add the maple syrup to taste.



DANDELION CACAO LATTE

MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

2 tablespoons loose-leaf dandelion tea

1 tablespoon cacao powder

1 teaspoon maca powder

¼ cup hot water

¾ cup milk or milk of choice, heated

Dandelion helps to remove toxins to prepare your body for fertility.



Anti-inflammatory



Blood pressure lowering



Cholesterol stabilizing

Combine the tea, cacao, maca powder, and hot water in a mug and stir until dissolved. Add the heated milk and stir together or blend in a blender until frothy.



MANGO LASSI

MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

3¼ ounces frozen mango, in chunks

2 teaspoons lime juice

6½ tablespoons natural yogurt

½ cup coconut milk

½ teaspoon vanilla extract

½ teaspoon maca powder

Maca helps to suppress estrogen dominance to create an ideal estrogen/progesterone balance.



Alkaline



Cholesterol stabilizing



Antioxidant rich

Combine all of the ingredients in a blender and blend until smooth.



COCO-ALMOND SMOOTHIE

MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

3½ ounces frozen coconut meat (from 1 young coconut)

¾ cup unsweetened almond milk

2 tablespoons almond butter

½ tablespoon manuka honey

½ teaspoon salt

½ teaspoon maca powder

Coconut improves thyroid function, which helps regulate fertility.



Antiviral



Aids digestion



Thyroid support

Combine all of the ingredients in a blender and blend until smooth and frothy.



FERTILITY-BOOSTING TEA

RHODIOLA






Serves: 1 - Preparation: 5 minutes - Steeping: 2 to 3 minutes

YOU NEED

- 1 red raspberry leaf tea bag
- 2 lemon balm sprigs
- 2 stinging nettle sprigs
- 1 teaspoon dried rosebuds
- 1 tablespoon rhodiola powder
- honey (optional)

Red raspberry leaf tea can strengthen the uterus.

-  *Antioxidant rich*
-  *Vitamin C rich*
-  *Aids digestion*

Steep all of the ingredients in 1 cup hot water for 2 to 3 minutes, then strain and serve hot with the honey, if desired.



PASSION SMOOTHIE

MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 passion fruit, scraped

5¼ ounces frozen blueberries

1 cup coconut water

½ teaspoon maca powder

Blueberries improve circulation to boost your sex drive.



Vitamin C rich



Antioxidant rich



Hydrating

Place the passion fruit in a blender and blend until smooth.
Add the remaining ingredients and blend until smooth and
frothy.



NUTS OVER YOU SMOOTHIE

CORDYCEPS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup milk kefir

1 frozen banana

3½ ounces coconut meat (from 1 young coconut)

1 tablespoon almond butter

2 tablespoons cacao nibs

1¼ teaspoons cordyceps powder

Cordyceps can help your virility and your sex drive.



Aids digestion



Vitamin E rich



Hydrating

Combine all of the ingredients in a blender and blend until smooth and frothy.



ROMANCING THE STRAWBERRY

HE SHOU WU & MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

4¼ ounces frozen strawberries
1 cup unsweetened almond milk
1 tablespoon chia seeds
1 tablespoon cacao powder
2 teaspoons he shou wu powder
½ teaspoon maca powder
a pinch of salt

He shou wu is known as an aphrodisiac.



Protein rich



Omega-3 source



Potassium rich

Combine all of the ingredients in a blender and blend until smooth and frothy.



GODDESS OF LOVE TONIC

MACA & SCHISANDRA



Serves: 2 - Preparation: 3 to 5 minutes

YOU NEED

- 1¼ cups coconut milk, warm
- 2 tablespoons cacao powder
- 2 tablespoons coconut oil
- 1 tablespoon maple syrup
- 2 teaspoons ground cinnamon
- ½ teaspoon cayenne pepper
- 1 teaspoon maca powder
- 1 teaspoon schisandra powder

Schisandra can boost your sex drive, libido, and reproductive health.

B *Bloat reducing*

S *Stress relieving*

A *Antiviral*

Combine all of the ingredients in a blender and blend until smooth. Pour into 2 glasses and serve.



IMMUNITY BOOSTING

The recipes in this chapter will help your body regulate its defense system, so incorporate them into your daily routine to keep your body fighting, especially during winter.

[Hot Chocolate](#) • [Blue-nana Smoothie](#) •
[Banana & Kefir Smoothie](#) • [Super Greens](#)
[Smoothie](#) • [Orange Blossom Lassi](#) • [Orange](#)
[Soup](#) • [Thai Curry Soup](#) • [Turmeric](#)
[Cauliflower Soup](#) • [Gingerbread Latte](#) •
[Immunity Tonic](#) • [Black Sesame Seed Milk](#)
[Latte](#) • [The Cold/Flu-Fighting Tonic](#) • [Lemon](#)
[Thyme Tisane](#) • [Defense Tonic](#)

HOT CHOCOLATE

REISHI



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

- 1 cup milk or milk of choice, hot
- 2 tablespoons cacao powder
- $\frac{3}{4}$ teaspoon reishi powder
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon cayenne pepper
- 2 teaspoons dark chocolate shavings
- a pinch of Himalayan pink salt

Cacao contains lots of iron, magnesium, and calcium.



Immunity boosting



Anti-inflammatory



Blood pressure lowering

Combine all of the ingredients in a blender and blend until smooth.



BLUE-NANA SMOOTHIE

ASTRAGALUS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

5 ounces frozen blueberries

1 frozen banana

½ cup natural yogurt

1 tablespoon almond butter

2½ tablespoons astragalus powder

1 tablespoon honey

This creamy smoothie is packed full of vitamins, minerals, and calcium.



Antioxidant rich



Potassium rich



Cholesterol lowering

Combine all of the ingredients in a blender and blend until smooth.



BANANA & KEFIR SMOOTHIE

REISHI



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup milk kefir

1 frozen banana

2 Medjool dates, pitted

$\frac{3}{4}$ teaspoon reishi powder

ground cinnamon, to garnish

A delicious probiotic drink packed with nutrients to support your immune system.

P *Potassium rich*

D *Aids digestion*

B *Bloat reducing*

Combine all of the ingredients, except for the cinnamon, in a blender and blend until smooth. Pour into a glass and garnish with the cinnamon.



SUPER GREENS SMOOTHIE

ELEUTHERO



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

½ cup coconut water

2 cavolo nero leaves

1 ounce baby spinach

¾ ounces frozen pineapple, in chunks

1 tablespoon hemp seeds

1 tablespoon eleuthero powder

Cavolo nero, or Tuscan kale, is high in vitamins C, K, and A as well as in fiber and iron.



Hydrating



Iron rich



Anti-inflammatory

Combine all of the ingredients in a blender and blend until smooth.



ORANGE BLOSSOM LASSI

ASTRAGALUS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup milk kefir

juice of ½ orange

½ teaspoon ground cardamom

½ teaspoon orange blossom extract

2½ tablespoons astragalus powder

1 teaspoon honey, or more to taste

a pinch of Himalayan pink salt

Oranges contain lots of vitamin C to keep your immune system healthy.

E *Energy boosting*

D *Aids digestion*

P *Probiotic*

Combine all of the ingredients in a blender and blend until smooth.



ORANGE SOUP

CHAGA



Serves: 4 as a main course - Preparation: 10 minutes - Cooking: 30 to 40 minutes

YOU NEED

- 1 tablespoon coconut oil
- 3 garlic cloves, very finely chopped
- 1 sweet potato (8¾ ounces), chopped into 1-inch cubes
- 1 teaspoon ground turmeric
- 5 cups vegetable stock
- 3 chard leaves, in chiffonade
- 2 teaspoons chaga powder

Sweet potatoes contain vitamin C and the antioxidant beta carotene, which can support a healthy immune system.



Iron rich



Anti-inflammatory



Fiber rich

Heat the oil in a pan over medium heat, add the garlic, and stir until golden brown. Add the sweet potato and turmeric and sauté for 3 to 5 minutes. Add the stock and cook until the potatoes are tender, about 20 to 30 minutes. Add the chard and chaga powder and stir until the chard is wilted.

Season to taste.



THAI CURRY SOUP

ASTRAGALUS



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 40 minutes

YOU NEED

- 1 tablespoon coconut oil
- 2 tablespoons Thai red curry paste
- 10½ ounces sweet potatoes, chopped into 1¼-inch cubes
- ½ onion, sliced
- ½ red bell pepper, sliced
- 1¾ cups coconut milk
- 3 tablespoons astragalus powder

Astragalus is calming and can help to reduce stress and anxiety.



Iron rich



Vitamin A rich



Immunity boosting

Heat the oil in a pan, add the curry paste, and stir until dissolved. Add the vegetables and sauté for 5 to 8 minutes.

Add the remaining ingredients with 1¾ cups water and bring to a boil. Cover, reduce the heat, and simmer for 30 minutes, or until the sweet potatoes are tender. Season to taste.



TURMERIC CAULIFLOWER SOUP

REISHI



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 40 minutes

YOU NEED

1 tablespoon olive oil

2 leeks, sliced

½ cauliflower, coarsely chopped

2 potatoes, such as russet, peeled and cubed

2 teaspoons ground turmeric

1½ quarts chicken stock

¾ teaspoon reishi powder

Cauliflower is a good source of vitamins A and C.

A *Anti-inflammatory*

D *Aids digestion*

A *Antioxidant rich*

Heat the oil in a pan, add the leeks, and sauté for 3 to 4 minutes. Add the remaining vegetables and turmeric and sauté for another 5 minutes. Cover with the stock and bring to a boil. Reduce the heat and simmer for 30 minutes. Transfer to a blender, add the reishi powder, and blend until smooth. Season to taste.



GINGERBREAD LATTE

REISHI & CORDYCEPS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

- $\frac{3}{4}$ cup hot coffee
- $\frac{1}{2}$ cup milk or milk of choice
- $\frac{1}{2}$ tablespoon molasses
- $1\frac{1}{2}$ teaspoons ground ginger
- $\frac{3}{4}$ teaspoon reishi powder
- 1 teaspoon cordyceps powder
- 1 teaspoon ground cinnamon, plus extra to garnish

Reishi mushrooms can boost your immune system and help with fatigue.



Aids digestion



Iron rich



Antioxidant rich

Combine all of the ingredients in a blender and blend until frothy. Garnish with a dusting of cinnamon.



IMMUNITY TONIC

ELEUTHERO



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

$\frac{3}{4}$ cup orange juice

$\frac{1}{4}$ cup coconut water

1½-inch piece of fresh ginger, peeled and roughly chopped

1 teaspoon ground turmeric

$\frac{1}{4}$ teaspoon cayenne pepper

1½ tablespoons eleuthero powder

ice cubes

Eleuthero can help boost your energy.



Vitamin C rich



Hydrating



Fatigue fighting

Blend all of the ingredients in a blender, then strain to remove the bits of ginger. Pour into a glass over ice and serve.



BLACK SESAME SEED MILK LATTE

ASTRAGALUS



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

2¼ ounces black sesame seeds, soaked overnight and drained, plus
extra to garnish

1 cup milk or milk of choice, hot

2 Medjool dates, pitted

2½ tablespoons astragalus powder

a pinch of Himalayan pink salt

As well as being an excellent source of calcium and iron,
sesame seeds also contain plenty of vitamin E, phosphorus,
and zinc.

C *Calcium rich*

A *Anti-inflammatory*

I *Iron rich*

Combine all of the ingredients in a blender with 3
tablespoons water and blend until smooth. Strain into a
mug and serve warm, garnished with the additional black
sesame seeds.



THE COLD/FLU-FIGHTING TONIC

ASTRAGALUS



Makes: 1 shot - Preparation: 3 to 5 minutes

YOU NEED

3 tablespoons lemon juice

1½-inch piece of fresh ginger, peeled and coarsely chopped

¾-inch piece of fresh turmeric, coarsely chopped

½ teaspoon honey

¼ teaspoon oil of oregano

2 teaspoons astragalus powder

Lemon juice contains antibacterial properties, which helps to fight infections.



Vitamin C rich



Anti-inflammatory



Antiviral

Combine all of the ingredients in a blender with 3 tablespoons water and blend until smooth. Strain into a shot glass and serve.



LEMON THYME TISANE

CHAGA & ELEUTHERO



Serves: 1 - Preparation: 10 minutes - Cooking: 30 minutes

YOU NEED

1 teaspoon chaga powder

1 tablespoon eleuthero powder

1 thyme sprig

½ lemon, plus a lemon wheel to garnish

Thyme is packed with vitamin C, which can give your immune system a boost.

 *Antiviral*

 *Zinc rich*

 *Antiaging*

Place all of the ingredients in a small pan with 1 cup water and simmer gently for 30 minutes. Strain the tisane through a fine-mesh strainer into a mug and garnish with the lemon wheel.



DEFENSE TONIC

ELEUTHERO



Serves: 1 - Preparation: 10 minutes - Cooking: 15 to 20 minutes

YOU NEED

1¾ ounces dried or fresh elderberries
1½-inch piece of fresh ginger, peeled and coarsely chopped
1 tablespoon eleuthero powder
¼ teaspoon cayenne pepper
¼ cup raspberry juice

Elderberries contain powerful antioxidants, which keep your immune system strong.



Vitamin C rich



Aids digestion



Fiber rich

Heat the elderberries, 6½ tablespoons water, ginger, eleuthero powder, and cayenne in a small pan and simmer for 15 to 20 minutes. Strain into a glass and allow to cool in the fridge. Add the raspberry juice and stir.



CALMING FOODS & DRINKS

*These blends are great for
bringing you some peace
during the day or at night,
helping with sleep and
lowering your anxieties.*

[Golden Milk](#) • [Omija](#) • [Cacao Evening Tonic](#) •
[Strawberry & Rose Chia Smoothie](#) • [Potato &](#)
[Leek Soup](#) • [Shikanji Indian Lemonade](#) • [Mung](#)
[Bean, Mushroom & Greens Soup](#) • [Rose Lassi](#)
• [Chicken-Shiitake Bone Broth](#) • [Ginger,](#)
[Slippery Elm & Honey Tisane](#) • [Lavender](#)
[Berry Smoothie](#)

GOLDEN MILK

ASHWAGANDHA



Serves: 1 - Preparation: 5 minutes - Cooking: 20 minutes

YOU NEED

1 cup milk or milk of choice

1 cinnamon stick

1/8-inch piece of fresh turmeric, chopped, or 1 teaspoon dried
1/2 teaspoon black peppercorns, plus freshly ground for garnish

1/2 teaspoon ashwagandha powder

1/2 teaspoon honey

If you find it hard to relax before bedtime, then try this warming milky drink.



Restorative



Immunity boosting



Antioxidant rich

Bring the milk to a simmer in a small pan, then whisk in the remaining ingredients. Simmer for 15 minutes, then strain into a mug and garnish with the freshly ground black pepper.



OMIJA

SCHISANDRA



Serves: 1 - Preparation: 5 minutes - Steeping: 1 hour

YOU NEED

½ teaspoon schisandra berries

3 mint sprigs

½ cup pear juice

club soda

1 teaspoon honey, or to taste

ice cubes

Schisandra is a powerful adaptogenic herb that can calm your mind, reduce anxiety, and help you sleep.

A *Anti-inflammatory*

D *Aids digestion*

A *Antiaging*

Steep the schisandra berries and mint in ½ cup hot water for 1 hour, then strain and add the remaining ingredients. Serve over ice.



CACAO EVENING TONIC

REISHI



Serves: 1 - Preparation: 10 minutes - Steeping: 10 minutes

YOU NEED

1 teaspoon roasted ground chicory root

½ cup milk or milk of choice, heated

¾ teaspoon reishi powder

1 tablespoon cacao powder

1 Medjool date, pitted

a pinch of Himalayan pink salt

Cacao contains serotonin and tryptophan, which boost your mood.



Iron rich



Immunity boosting



Aids digestion

Steep the chicory root in ½ cup boiling water for 10 minutes. Strain and add the chicory tea to a blender with the remaining ingredients. Blend until smooth, then serve immediately.



STRAWBERRY & ROSE CHIA SMOOTHIE

ASHWAGANDHA & MACA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

4¼ ounces frozen strawberries

¾ cup coconut water

1 tablespoon honey, or to taste

½ teaspoon rosewater

1 tablespoon chia seeds

½ teaspoon ashwagandha powder

1 teaspoon maca powder

Chia seeds are full of omega-3 fatty acids.



Antioxidant rich



Hydrating



Blood pressure lowering

Combine all of the ingredients in a blender and blend until smooth.



POTATO & LEEK SOUP

ASHWAGANDHA



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 40 minutes

YOU NEED

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 leeks, sliced
- 2 potatoes, such as Yukon Gold, peeled and chopped
- 5 cups chicken stock
- 3½ tablespoons heavy (whipping) cream
- ½ teaspoon ashwagandha powder

Ashwagandha contains calming properties, which can help reduce stress and anxiety.

-  *Heart health support*
-  *Cholesterol lowering*
-  *Bone health*

Heat the oil in a pan, add the onion and leeks, and sauté until translucent. Add the potatoes and stir for 3 to 5 minutes. Add the stock, then simmer for 20 to 30 minutes until the potatoes are tender. Transfer to a blender with the remaining ingredients and blend until smooth. Season to taste.



SHIKANJI INDIAN LEMONADE

SCHISANDRA & TULSI



Serves: 1 - Preparation: 10 minutes - Steeping: 10 to 15 minutes

YOU NEED

juice of 1 lemon, plus a wedge to garnish

1½ tablespoons sugar

4 mint sprigs

4 tulsi sprigs

¾ teaspoon schisandra berries

¼ teaspoon chaat masala

a pinch of Himalayan pink salt

ice cubes

Tulsi can help to reduce stress and anxiety.



Aids digestion



Anti-inflammatory



Vitamin C rich

Place all of the ingredients in a glass together with 1 cup warm water and stir until the sugar is dissolved. Steep for 10 to 15 minutes. Strain and serve over ice.



MUNG BEAN, MUSHROOM & GREENS SOUP

CHAGA



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 40 minutes

YOU NEED

3 tablespoons olive oil

½ onion, finely diced

3½ ounces baby bella or cremini mushrooms, sliced

6¼ ounces mung beans

5 cups vegetable stock

2 teaspoons chaga powder

1 bunch (1½ ounces) of cavolo nero, sliced

Mung beans are a good source of potassium, magnesium, and fiber.

C *Cholesterol lowering*

P *Protein rich*

B *Blood pressure lowering*

Heat the oil in a pan, add the onion, and sauté until translucent. Add the mushrooms and toss until golden brown. Add the remaining ingredients, except for the cavolo nero, and simmer for 30 minutes, or until the mung beans are tender. Stir in the cavolo nero and season to taste.



ROSE LASSI

SCHISANDRA






Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

$\frac{3}{4}$ cup milk kefir
 $\frac{1}{4}$ cup tart cherry juice, ice cold
2 Medjool dates, pitted
 $\frac{1}{4}$ teaspoon rosewater
 $\frac{1}{2}$ teaspoon schisandra powder
dried rose petals, for garnish

Tart cherry juice contains melatonin, which can improve the quality of your sleep.

-  *Antimicrobial*
-  *Fiber rich*
-  *Hydrating*

Combine all of the ingredients, except for the rose petals, in a blender and blend until smooth. Pour into a glass and garnish with the rose petals.



CHICKEN-SHIITAKE BONE BROTH

CHAGA



Makes: 5 cups - Preparation: 20 minutes - Cooking: 25½ hours, plus 30 minutes resting

YOU NEED

1½ pounds chicken bones, such as backs and wings, rinsed and patted dry

2 dried shiitake mushrooms

½ onion, quartered

1 carrot, coarsely chopped

2 celery ribs, chopped

1½-inch piece of fresh ginger, peeled and chopped

4 teaspoons chaga powder

Bone broth is packed with lots of nutrients, including magnesium, which can help with relaxation.

J *Joint support*

M *Metabolism boosting*

P *Probiotic*

Preheat the oven to 400°F. Roast the bones for 30 minutes, or until golden brown. Place the bones in a pot and cover with water. Rest for 30 minutes. Place the pot over high heat and simmer, skimming off the foam and fat, for 1 hour. Reduce the heat to very low, cover, and simmer for 12 hours. Add the remaining ingredients and simmer for another 12 hours, topping up with water, if necessary. Strain and serve.



GINGER, SLIPPERY ELM & HONEY TISANE

ASHWAGANDHA & ASTRAGALUS



Serves: 1 - Preparation: 5 minutes - Cooking: 10 minutes

YOU NEED

2-inch piece of fresh ginger, peeled and sliced

1 tablespoon slippery elm powder or bark

1 cinnamon stick

1 teaspoon manuka honey, or more to taste

½ teaspoon ashwagandha powder

2½ tablespoons astragalus powder

Astragalus can help lower stress levels.



Probiotic



Heartburn relieving



Cough/sore throat soothing

In a pan, combine all of the ingredients in 1¼ cups water and bring to a boil. Reduce the heat, cover, and simmer for 10 minutes. Strain and serve hot.



LAVENDER BERRY SMOOTHIE

SCHISANDRA



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

4 ounces frozen mixed berries

¼ teaspoon dried lavender buds

1 tablespoon honey

¼ avocado, peeled

1 teaspoon schisandra powder

Drink this smoothie to relieve insomnia.

A *Antioxidant rich*

S *Soothing*

A *Anti-inflammatory*

Combine all of the ingredients in a blender with ¼ cup water (or more to get the blender moving) and blend until smooth.



DIGESTIVES

The following drinks and soups lead to a happy gut, and a happy gut promotes great health.

[Saffron-Spiced Tisane](#) • [Lime Tulsi Cooler](#) •
[Chai](#) • [Lemon Ginger Tea](#) • [Chocolate](#)
[Smoothie with Bee Pollen](#) • [Rose Green Tea](#) •
[Aloe, Mango & Ginger Smoothie](#) • [Tomato-](#)
[Tulsi Soup](#) • [Watermelon & Jalapeño Tonic](#) •
[Orange Tea](#) • [Berry Green Smoothie](#) • [Lentil](#)
[Soup with Chicken Broth](#) • [Tummy Healing](#)
[Smoothie](#) • [Ruby-Red Tisane](#) • [Lemongrass &](#)
[Mint Tonic](#) • [Digestive Smoothie](#)

SAFFRON-SPICED TISANE

ASHWAGANDHA




Makes: 5 cups - Preparation: 10 minutes - Cooking: 15 minutes

YOU NEED

5 cups unsweetened almond milk
a small pinch of saffron (about 8 to 10 strands)
1 teaspoon cloves
1 teaspoon ground cardamom
1 cinnamon stick
1 teaspoon ashwagandha powder
honey (optional)

Saffron is known to help with stomach problems, such as bloating.

-  *Memory boosting*
-  *Aids digestion*
-  *Blood sugar stabilizing*

Combine all of the ingredients, except for the honey, in a small pot, cover, and simmer for 15 minutes. Strain and serve with honey, if desired.



LIME TULSI COOLER

TULSI



Makes: 5 cups - Preparation: 5 minutes - Standing: 10 minutes

YOU NEED

1 cup lime juice

6 tulsi sprigs, leaves picked and chopped

½ cup simple syrup (1:1 sugar to water, dissolved)

ice cubes

lime slices, for garnish

Tulsi is known to be a digestive stimulant.



Immunity boosting



Vitamin rich



Heart disease preventing

Combine all of the ingredients in a pitcher with 5 cups water and stir. Allow to stand for 10 minutes. Serve over ice with the lime slices for garnish.



CHAI

LICORICE & CHAGA






Serves: 1 - Preparation: 10 minutes - Cooking: 20 minutes

YOU NEED

- 1 cinnamon stick
- 2 green cardamom pods, crushed
- 1½-inch piece of fresh ginger, peeled and grated
- 2 teaspoons chaga powder
- ¼ ounce licorice root
- 1 strong black tea bag
- 1 cup milk
- 1 teaspoon demerara sugar, or more to taste

Drink this warming tea to help improve your digestion.

-  *Bloat reducing*
-  *Nausea easing*
-  *Antibacterial*

In a small pan, combine the cinnamon, cardamom, ginger, chaga, and licorice root in ½ cup water and bring to a boil. Reduce the heat and simmer for 15 minutes. Remove from the heat, add the tea bag, and steep for 5 minutes. Return to the stove, add the milk and sugar, and bring to a simmer. Strain and serve hot.



LEMON GINGER TEA

GINSENG



Serves: 1 - Preparation: 5 minutes - Cooking: 10 minutes

YOU NEED

1 lemon, quartered

1½-inch piece of fresh ginger, peeled and chopped

2 slices of ginseng root (or 1 teaspoon powdered)

1 tablespoon manuka honey

Drink a cup of this tea after a meal to help with your digestion.

 *Memory boosting*

 *Fatigue fighting*

 *Vitamin C rich*

Combine the lemon, ginger, and ginseng with 2 cups water in a small pan. Cover and simmer for 10 minutes. Strain, add the honey, and serve hot.



CHOCOLATE SMOOTHIE WITH BEE POLLEN

LICORICE



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1½ cups unsweetened almond milk

2 tablespoons cacao powder

½ avocado, peeled

1 teaspoon licorice root powder

1 Medjool date, pitted

1 teaspoon bee pollen, to garnish

Licorice is known to help with digestive complaints,
including heartburn.



Protein rich



Immunity boosting



Antioxidant rich

Combine all of the ingredients, except for the bee pollen,
in a blender and blend until smooth. Pour into a glass and
garnish with the bee pollen.



ROSE GREEN TEA

TULSI



Makes: 5 cups - Preparation: 5 minutes - Steeping: 2 to 3 minutes

YOU NEED

½ bunch mint

¾ ounce tulsi leaves, plus a flower for garnish

2 teaspoons dried rose petals

honey (optional)

Mint is a calming herb used to soothe an upset stomach.

A *Antidepressant*

D *Aids digestion*

S *Skin enhancing*

Steep the first three ingredients in 5 cups hot water for 2 to 3 minutes. Strain, garnish with the tulsi flower, and serve with honey, if desired.



ALOE, MANGO & GINGER SMOOTHIE

LICORICE



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

1 cup aloe juice

3¼ ounces frozen mango, in chunks

1½-inch piece of fresh ginger, peeled and coarsely chopped

1¾ teaspoons licorice root powder

Mangoes are packed with vitamins C, A, K, and E.

 *Hydrating*

 *Probiotic*

 *Immunity boosting*

Combine all of the ingredients in a blender and blend until smooth.



TOMATO-TULSI SOUP

TULSI



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 40 minutes

YOU NEED

- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 1 can (14 ounces) whole tomatoes, hand crushed
- 2 garlic cloves, very finely chopped
- 1 ounce tulsi leaves
- 1 teaspoon ground cumin
- 5 cups vegetable stock

Tulsi may help to relieve bloating and flatulence.



Vitamin rich



Antioxidant rich



Eye health support

Heat the oil in a pan over medium heat, add the onion, and sauté until translucent. Add the remaining ingredients, except for the stock, and sauté for 5 to 8 minutes until the tomatoes are cooked down. Add the stock and bring to a low boil. Reduce the heat and simmer for 30 minutes, stirring occasionally. Transfer to a blender and blend until smooth. Season to taste and serve hot.



WATERMELON & JALEPENO TONIC

TULSI



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

3½ ounces watermelon, in chunks

1 to 2 jalapeño slices (depending on your spice level)

4 tulsi sprigs

½ cup coconut water, cold

ice cubes

Watermelon contains lots of water and some fiber, which is good for a healthy digestive system.



Hydrating



Vitamin rich



Aids weight loss

Combine all of the ingredients in a blender and blend until smooth. Strain and serve over ice.



ORANGE TEA

LICORICE



Serves: 1 - Preparation: 10 minutes - Cooking: 15 minutes

YOU NEED

⅓ ounce dried licorice root slices

peel of ½ orange

1 tablespoon manuka honey

4 mint sprigs

Both mint and licorice can soothe gastrointestinal problems.



Vitamin rich



Anti-inflammatory



Aids digestion

In a small pan, bring all of the ingredients with 1 cup water to a boil. Reduce the heat, cover, and simmer for 15 minutes. Strain and serve hot.



BERRY GREEN SMOOTHIE

LICORICE



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

6¼ ounces frozen mixed berries

½ frozen banana

1 cavolo nero leaf, destemmed and coarsely chopped

1 beetroot chard leaf, destemmed and coarsely chopped

1¾ teaspoons licorice root powder

1 tablespoon honey

Chard is packed with vitamins C, A, and K and the minerals magnesium, iron, and potassium.



Fiber rich



Antioxidant rich



Mineral rich

Combine all of the ingredients in a blender and blend until smooth. If it's too thick, add a little water.



LENTIL SOUP WITH CHICKEN BROTH

TULSI



Serves: 2 as a main course - Preparation: 10 minutes - Cooking: 35 minutes

YOU NEED

1 tablespoon ghee

1 carrot, diced

1 shallot, sliced

1 celery stick, sliced

5 cups chicken stock

2½-inch piece of fresh ginger, peeled and sliced

1 ounce (½ bunch) tulsi leaves, chopped

6¼ ounces uncooked green lentils

Lentils are packed with fiber, which can improve digestion if eaten frequently.



Protein rich



Immunity boosting



Heart health support

Heat the ghee in a pan over medium heat, add the carrot, shallot, and celery and sauté for 5 to 8 minutes, or until slightly browned. Add the stock, ginger, and tulsi and bring to a boil. Reduce the heat, add the lentils, and stir. Simmer for 25 minutes, or until the lentils are cooked through.

Season to taste. Serve warm.



TUMMY HEALING SMOOTHIE

LICORICE



Serves: 1 - Preparation: 3 to 5 minutes

YOU NEED

½ avocado, peeled

3½ ounces frozen pineapple, in chunks

1 Medjool date, pitted

juice of 1 lime

1 tablespoon licorice syrup (or 1½ teaspoons powder)

1 tablespoon chia seeds

Pineapple contains bromelain, which helps to reduce bloating.

D *Aids digestion*

H *Hydrating*

F *Fiber rich*

Combine all of the ingredients in a blender with ½ cup water and blend until smooth.



RUBY-RED TISANE

LICORICE



Serves: 1 - Preparation: 10 minutes - Cooking: 15 minutes

YOU NEED

1 tablespoon dried hibiscus (Jamaica) flowers

½ teaspoon dried rose petals

2 slices of orange peel, plus 1 slice for garnish

3 mint sprigs

½ tablespoon licorice syrup (or ½ teaspoon powder)

Licorice is a mild laxative, so it can help with constipation.

B *Blood pressure lowering*

S *Skin enhancing*

M *Metabolism boosting*

Combine all of the ingredients with 1 cup water in a small pan and bring to a boil. Reduce the heat, cover, and simmer for 15 minutes. Strain and serve hot, garnished with a slice of orange peel.



LEMONGRASS & MINT TONIC

GINSENG



Serves: 4 - Preparation: 10 minutes - Cooking: 15 minutes

YOU NEED

2 lemongrass sticks, bruised

2 slices of dried ginseng root

½ bunch of mint, plus extra for garnish

4 lime slices

4 cloves

Lemongrass contains anti-inflammatory compounds, which can help treat constipation and stomachache.

E *Energy boosting*

A *Antioxidant rich*

M *Metabolism boosting*

Combine all of the ingredients with 5 cups water in a medium pan and bring to a boil. Reduce the heat, cover, and simmer for 15 minutes. Strain and serve hot, garnished with a mint sprig.



DIGESTIVE SMOOTHIE

TULSI



Makes: 1 - Preparation: 3 to 5 minutes

YOU NEED

3½ ounces frozen pineapple, in chunks

½ cup coconut water

6 tulsi sprigs

4 mint sprigs

1 teaspoon ground turmeric

1 teaspoon chia seeds

Pineapple contains lots of fiber, which can help improve digestion.



Hydrating



Immunity boosting



Vitamin rich

Combine all of the ingredients in a blender and blend until smooth.



Acknowledgments

Special thanks to Catie Ziller. Thanks to Kathy Steer for catching my mistakes and Michelle for making the book gorgeous. My partner in crime, Julia Stotz, always gets a special appreciation as well as Jessica Darakjian for the assistance. As usual, thanks to my husband, Joel, and our new addition, Calder, and as always pets, Zelda and Kyoko.

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