

Pumpkin Spice Energy Balls

INGREDIENTS

- Pumpkin spice energy balls
- 8 pitted dates
- 1 cup raw cashews soaked 8 hours or more in water with splash of apple cider vinegar.
- 2 teaspoons pumpkin puree
- 1 teaspoon milk of choice or pumpkin tea brewed
- ½ teaspoon ground cardamom
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon

DIRECTIONS

- 1. Drain and rinse cashews and place into a food processor. 2. Pulse until ground. Add dates and chop to bits.
- 3. Add rest of ingredients and pulse 30 seconds or until a sticky ball starts to form.
- 4. With hands shape into $1\frac{1}{2}$ " balls and store in airtight container in refrigerator for 1 week or in the freezer 2 months.

Makes approximately 12 balls.



Rose Latte or Rose Berry Latte



Hibiscus Berry Tea

INGREDIENTS

- 1 Tablespoon Hibiscus Berry Tea brewed or organic rose petals not from a florist
- ½ cup milk of choice
- 1 teaspoon maple syrup
- ¼ teaspoon beetroot powder

DIRECTIONS

- 1. Steep petals or tea in $\frac{1}{2}$ cup just boiled water for 5-7 minutes covered and strain.
- 2. Discard solids
- 3. Add syrup and beetroot powder to Latte mixture and mix well.
- 4. Froth milk and add to Latte mixture.

Extra Fun:

Tea can be used as a flavoring in cookies. Grind into a powder and use instead of spices. Tea can be used to infuse milk of choice. Tea can be used instead of stock or water in soups.

Rooibos Oat Muffins

INGREDIENTS

- 1.5 cups quick oats or oat flour
- 1 cup whole oats
- 2 large ripe bananas mashed or 1 cup apple sauce
- 2 large eggs beaten
- 1/3 cup honey or maple syrup
- ¾ cup milk of choice
- 2 teaspoons rooibos tea
- 2 teaspoons vanilla
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda



Cinnamon Apple Tulsi Tea

DIRECTIONS

- 1. Heat milk with rooibos tea but do not boil. Take from heat and steep 7 minutes. Strain and discard tea. Cool.
- 2. Place dry ingredients in bowl and whisk until mixed well.
- 3. In separate bowl add bananas or applesauce to eggs. Add honey or maple syrup and cooled milk and vanilla. Mix well.
- 4. Add dry to wet ingredients and mix well and set aside 10 minutes.
- 5. Scoop into muffin tins with wrappers.
- 6. Bake 20 minutes at 350 degrees or until clean with toothpick into center.

Makes approximately 12 muffins.

Panna Cotta

INGREDIENTS

- 7 fluid oz. coconut cream
- 2 tablespoons gelatin (powdered)
- 1 ½ teaspoon water
- ¼ cup sugar
- 3 tablespoons tea



DIRECTIONS

- 1. Bloom gelatin in a small bowl with water and set aside.
- 2. Warm coconut cream and sugar in sauce pain until it starts to simmer.
- 3. Add tea and remove from heat. Cover and set aside 1 hour.
- 4. Strain. Pour mixture back into sauce pain and reheat until barely a simmer.
- 5. Take off heat and add bloomed gelatin and whisk until dissolved.

Horchata Tea

INGREDIENTS

- 3 cups of water
- 3 tea bags
- ½ cup white rice
- 1 ½ cups sliced almonds
- 2 teaspoons cinnamon
- ½ c honey or agave
- 1 tablespoon vanilla
- 1 cinnamon stick (optional as garnish)



DIRECTIONS

- 1. Bring water to boil and pour over tea bags and steep 5-7 minutes, covered. Remove tea bags. Set aside.
- 2. Grind rice until fine in blender for about 1 minute or until fine.
- 3. Add almonds and cinnamon to blender. Add in tea and process slightly.
- 4. Let steep covered at room temperature 8 hours.
- 5. After steeping, add honey or agave and vanilla. Blend.
- 6. Line sieve with cheesecloth and press with spoon. Discard any solids.

Dukkah

INGREDIENTS

- 1 cup raw hazelnuts
- 2 tablespoons sesame seeds
- 1/3 cup whole coriander seeds
- 3 tablespoons whole cumin seeds
- ½ cup tea
- ¼ cup dried parsley leaves
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground pepper



DIRECTIONS

- 1. In a shallow pan on low heat dry toast nuts until fragrant and skins start to fall off. Stir frequently. Set aside to cool.
- 2. Dry toast coriander and cumin seeds until fragrant
- (2-3 minutes) Set aside to cool.
- 3. Process all ingredients in food processor pulse until fine but before it becomes a butter.

Can be blended with olive oil until it is a runny paste and used on bread, poultry, eggs, and vegetables.

Store in refrigerator.

Muesli

INGREDIENTS

1 ¼ cup oats
½ c chopped nuts
1 teaspoon cinnamon powder
Pinch ground nutmeg
2/3 cup milk of choice
1/3 c yogurt of choice
½ c strongly brewed tea
1/3 cup dried fruit
2 teaspoons honey or agave
1 cup diced apple (about 1 medium)
1 teaspoon vanilla



Herbal Apple Pie Tea

DIRECTIONS

- 1. Mix all ingredients except for diced apple and leave covered in refrigerator overnight.
- 2. In the morning add apple.
- 3. Serve or can be heated prior to adding apples.

Tea Brewing Guide

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	8 ounces boiling water	cover & steep
Herbal Tea	1-2 tsp	3-5min
Green Tea	1 tsp	3-5 min
Black Tea	1 tsp	3-5 min
White Tea	1 tsp	1-2 min
Rooibos	1 tsp	3-5 min
Mate	1.5 tsp	3-5 min

 $^{1 \}text{ tsp} = \text{approx } 4 \text{ grams of tea}$

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