

USE HEALING HERBS & PLANTS IN YOUR Drinks – Meals – Snacks – Desserts



There are so many delicious receipts with medicinal plants and herbs.

Cooking with medicinal plants and herbs is an enjoyable activity that can contribute to your overall well-being and health. In order to encourage you to cook the recipes, care has been taken to choose plants that are readily available in stores or in your backyard.

Since this collection of recipes was created during our work on Native American herbalism, some of the recipes contain information about Native American herbal practices. ([look at our books here](#))

Nevertheless, you should not overdose on the herbs. It is better to try different dosages and gradually test which ones suit you better than others. This is the case, for example, with stinging nettle or ginseng, which are not tolerated by everyone. If you are taking medications, you should check with your doctor if their effect is influenced by the intake of certain herbs. This is a fun cookbook and not a medical guide. We disclaim any liability for any damage caused by the use of these recipes.

ELDERBERRY JUICE

Serving size: bottle for storage

Preparation time: 30 minutes

Cooking time: 20 minutes

Elderberry is a medicinal chest must-have for a family.

It is a so-called 'adaptogen.' These help various systems in the body 'adapt' to stress. Adaptogens protect, restore and strengthen. In many cases, they provide nourishment, just like food. The adaptogens discussed in our book are Rosemary, Saw Palmetto, Nettle, Chamomile, Mushrooms (edible ones only), Elderberry, Lemon Balm, Devil's Club, and Ginseng.



Ingredients

Herbs: Elderberry

- 2 cups of elderberries
- 1 cup of sugar (more or less as desired)
- 3 tbsp lemon juice
- 2 cups of water
- Tools: sieve, cloth, 1-liter glass bottle

Top tip

Elderberry juice is a healthy drink, rich in vitamins.

You can enjoy elderberry juice pure or diluted with water.

A cool, dark room keeps the finished elderberry juice for several months.

Directions

1. Wash the elderberries thoroughly and remove the green berries.
2. Simmer gently with 2 cups of water for about 15 minutes.
3. Pour the juice through a fine sieve or cloth and squeeze the berries.
4. Bring the juice to a boil again with the sugar and the lemon juice.
5. Meanwhile, rinse the bottle with boiling water and pour in the juice while hot. Close the bottles tightly and leave to cool.

GINGER TEA



Ingredients

Herbs: ginger, nettle leaf, mint

- 1-inch fresh ginger, grated
- Few nettle leaves (optional)
- Few mint leaves
- 1 cup of water
- 1 cinnamon stick
- 1 tsp lemon juice

Top tip

Use honey to sweeten.

Serving size: 1 glass

Preparation time: 5-10 minutes

Cooking time: 5 minutes

Ginger is one of the world's more well-known plants to flavor food and medicinal plants.

Chinese and Ayurvedic practitioners have relied on ginger for at least 3,000 years for its anti-inflammatory properties.

Native Americans and early Euro-American settlers have used wild ginger as a spice. The root is harvested, dried, and then ground into a powder. Early settlers also cooked pieces of the root in sugar water for several days to obtain a ginger-flavored, candied root.

Directions

1. Take a saucepan and add water, ginger chunk, cinnamon stick, nettle leaves, mint leaves, and lemon juice and bring it to a boil.
2. Boil for 5 minutes till tea changes its color to light golden.
3. Remove the saucepan from the heat and pour ginger tea into cups with the help of a sieve.
4. Garnish with lemon slices and serve hot.

ROSE MILK

Serving size: 2 glasses
Preparation time: 5 minutes
Cooking time: 0 minutes



Holly Bellubono, an herbalist, tells a story of a traditional native midwife in Mexico who was assisting a difficult, high-risk birth. The mother, exhausted from pushing, lost her strength and will to push the baby out of the birth canal. The midwife went out into the yard into a grove of Roses. She quickly gathered as many petals as she could and brought them inside. She scattered the petals on a bedsheet and wrapped the traumatized mother up in it. Soon, the potent smell surrounded the exhausted new mother. She found the will to push, and the baby was delivered.

Ingredients

Herbs: roses, rose hip & many more...

- 2-10 tsp rose hip powder
- 1-5 rose buds or 1 handful of rose petals
- 2 cups plant milk of choice (eg. Oat milk)
- 1 tsp pink pepper
- 1/2 tsp ginger powder
- 1/4 tsp nutmeg, ground
- 1/4 tsp anise, ground
- 1/4 tsp cardamom, ground
- 1/4 tsp cloves, ground
- 1/8 tsp tonka bean, ground (opt.)
- Beetroot powder for intense color (optional)

Directions

1. Grind all spices in a spice grinder (mortar or electric grinder).
2. Stir 2 heaped tsp. into 2 cups of plant milk - enjoy hot or cold. Sweeten to taste, e.g. with lucuma powder or rice syrup.

... we from Soveressence have not tried this receipt, but it sounded exciting and adventurous. We will try this recipe in Autumn, when rosehips are ready, and post a picture of the result in our Facebook group ([Facebook](#)). You are very welcome to post your result as well!

Who is ready for the challenge?

MINT MARGARITA

Serving size: 2 glasses
Preparation time: 10 minutes
Cooking time: 0 minutes



Peppermint (*Mentha piperita*) is a cross between winter mint and spearmint. Peppermint is associated with many health benefits, especially peppermint tea. It has a long history of use across cultures, noticed first in written medical texts of Ancient Egyptian dating back as early as 1550 BC.

Meanwhile, Peppermint is the most extensively used volatile oil, both commercially and medicinally, and the number one flavor for non-chocolate, hard candies.

Ingredients

Herbs: mint, ginger

- 6 mint leaves (or more)
- 1 inch fresh ginger, grated
- 1 inch cucumber, chopped
- Juice of half a lime
- Ice as required
- 0.5 cup sparkling water
- 0.5 cup ginger ale

Top tip

Ginger ale can be replaced with beer or white wine.

Directions

1. Put lemon juice and mint in a bowl and squash mixture to release mint flavor.
2. Add ginger and cucumbers to the mixture and stir well.
3. Pour the mixture in glasses and add ice.
4. Add ginger ale and water to the glasses.
5. Garnish the glasses with limes and mint leaves.

DANDELION COFFEE



Ingredients

Herbs: dandelion

- Ca. 1 fresh dandelion root per 3 people

Top tip

For dandelion coffee "true" dandelion (*Taraxacum* spp.) must be harvested, not to be confused with yellow daisy-like flowers such as Catsear and Hawksbeard. True dandelion has a ground-hugging rosette of deep-toothed leaves and hollow straw-like stems. The large plants that are ideal for harvest are 3 to 4 years old plants with taproots of about 13 mm in diameter. These taproots resemble pale carrots in appearance. For medicinal use, most sources say fall harvest is best.

Serving size: 4 cups

Drying time: 1.5-3 hours (oven)

Preparation time: 10 minutes

Cooking time: 15 minutes

Directions

1. Dig out fresh dandelion roots and wash thoroughly.
2. Cut the root into ½ inch pieces and dry in the sun or place on a baking sheet in a 200 F (90 C) oven and roast for 1 ½ to 3 hours, depending on the root size (keep the oven door slightly open, so that the moisture can escape).
3. Roast the well-dried root pieces in a frying pan for 4-5 minutes without fat.
4. Grind the roasted root pieces in a coffee grinder (or with a blender or mortar) to a fine powder. You will be amazed at how this powder smells like coffee!
5. For a cup of dandelion coffee pour 1 teaspoon of the powder into boiling water and let it brew for 5 minutes.
6. Strain the finished 'coffee' through a fine sieve or through a coffee filter (so no powder remains in your coffee drink).



NETTLE SMOOTHIE



Serving size: 2 glasses
Preparation time: 10 minutes
Cooking time: 15 minutes

Nettles are both a superfood and a full-spectrum herb. They are incredibly high in minerals, calcium, magnesium, potassium, iron, phosphorus, manganese, and silica. They are an excellent source of vitamin C, B vitamins, and chlorophyll. Nettles are perfect for immune support and reduce most allergic responses. They restore kidney and liver function, build blood and alleviate anemia. If a person is weak from illness or chronically sick from any ailment, Nettle is a great recovery herb.

Ingredients

Herbs: Nettle leaves and dried seeds if available

- 1 handful of nettle leaves
- 1 acidic apple
- juice of 1 lemon
- 1 handful of berries (strawberries, raspberries, blueberries)
- 1 banana

Top tip

The plant slurry that remains after straining the nettle juice is a highly effective fertilizer and can be incorporated into plant soil in the garden or on the balcony. So other plants also profit!

Directions

1. Wash the nettle leaves and mix them with 150 ml of water in a food processor or blender.
2. Pour the nettle-water mixture through a sieve and collect the nettle juice (see also top tip).
3. Core the apple and cut it into pieces.
4. Put the nettle juice in a blender, add the apple pieces, washed berries, and banana and blend everything together.
5. Divide the mixture between 2 glasses and garnish with nettle seeds.
6. If necessary, the smoothie can be diluted with water.

ECHINACEA BREAD

Serving size: 500 g of bread
Preparation time: 30 minutes
Rising time: 2 hours
Baking time: 40 minutes



It is probable that Native Americans discovered the healing properties of the Coneflowers (Echinacea) by observing wild animals. They realized that wounded elk recuperate after the consumption of coneflowers. European immigrants learned about the healing potential of coneflowers from Native Americans. They started selling coneflowers as an herbal remedy designed for the purification of blood. At the beginning of the 20th century, coneflowers became one of America's most popular and most commonly used herbal remedies.

Ingredients

Herbs: Echinacea

- 2 cups wholemeal flour
- 2 cups white flour
- 2 tsp yeast
- 1 tsp of salt
- 1 cup Echinacea tea

Top tip

Long kneading is the key to good bread. It becomes even better when it rises and is kneaded several times in the time span of 1 - 5 hours.

Directions

1. Take a large mixing bowl and add wholemeal flour, white flour, yeast, salt, and echinacea tea. Mix it very well. Add water if required to make a smooth dough.
2. Cover and let it rise for an hour or two. Uncover and knead again and put it at rest for again 1 hour.
3. Take a bread pan and grease it with butter. Spread echinacea herb bread on it and bake it in the oven for 30 minutes.

NETTLE PESTO



Ingredients

Herbs: Nettle

- One sieve full of freshly picked nettles
- 45 g of pine nuts
- 45 g hard cheese, grated (eg. parmesan or grana padano can be used)
- 4 cloves garlic, grated
- 140 ml of olive oil
- 10 ml of lemon juice
- 1/2 tsp of salt
- 1/2 tsp of pepper
- Optional: 1/4 tsp of chilli flakes _or more or less depending on your taste

Top tip

Fresh spring Nettles are tastier but you can also use more mature leaves.

Serving size: 2 dl jar

Preparation time: 30 minutes

Cooking time: 2 minutes

Directions

1. Wash your nettles and boil them for 2 minutes in slightly salted water.
2. Remove your nettles from the pot and place in a bowl of cold water.
3. Toast your pine nuts in a dry pan (no oil) until golden brown.
4. Add the nuts, cloves of garlic, grated hard cheese, salt, pepper and lemon juice (chili flakes) to your food processor and blend for 1 minute.
5. Remove your nettles from the cold water, squeeze them out and dry them with kitchen tissue. You can dry them also by hand as the nettles don't sting after boiling.
6. Add nettles to the food processor, and pulse the mixture until it's green and grainy.
7. Whilst your food processor is still running, slowly drizzle in the olive oil until the pesto is quite gloopy. You will be using more or less olive oil depending on your preferred consistency.
8. Transfer the pesto to a sterilized jar and store in the fridge for up to one week. Use as you would any pesto.

MUSHROOMS AND PLANTAIN PASTA

Serving size: for 2

Preparation time: 20 minutes

Cooking time: 30 minutes



Plantain was one of the most widely used Native American herbs. It is one of the easiest to find. The wide-leaf Plantain and its close relative Ribwort Plantain have valuable healing properties. Its power to extract toxins, poisons, and even small objects from the skin is remarkable.

Ingredients

Herbs: mushrooms, plantain

- 8 oz mushrooms
- 2 cloves garlic, grated
- 3 tbsp butter
- 3 tbsp all-purpose flour
- 1.5 cups vegetable broth
- ¼ tsp thyme
- 1 tsp plantain herb chopped
- 1 cup of cream
- Salt and pepper to taste
- 1 cup fettuccine, boiled

Directions

1. Searauté garlic with butter in a pan until it turns brown. Add the sliced mushrooms and fry for 5 minutes. Add flour, and vegetable broth and mix well.
2. Add thyme, chopped plantain, salt and black pepper. Mix well. Then add 1 cup of heavy cream and mix again. Cook for 5 mins.
3. Add boiled fettuccine to the mushroom mixture, mix well and cook for 1-2 minutes.

WILD GINGER LEMON STEAMED FISH

Serving size: for 2

Preparation time: 20 minutes

Cooking time: 20 minutes



Ingredients

Herbs: ginger, lemon balm

- salmon fish 400 g
- salt to taste
- black pepper 2 tsp
- chopped lemon balm 20 leaves
- rosemary 1 tsp
- 2 cloves garlic, grated
- 1-inch ginger, grated
- 4 tbsp lemon juice
- lemon slices

Directions

1. Take a bowl and add ginger, garlic, salt and black pepper, lemon balm, lemon juice, and salmon and mix them well. Marinate the salmon for 10 minutes.
2. Steam your marinated salmon in your steamer for 10 minutes. You can build a steamer by putting a sieve over a pan of boiling water covered with a lid (see picture right above)
3. Now remove the lid and add lemon slices and steam it for further 5 minutes with a covered lid. Take out the lemon steamed fish on a platter and garnish it with lemon slices and serve it hot for dinner. Enjoy!

AMERICAN GINSENG CHICKEN SOUP

Serving size: for 2

Preparation time: 20 minutes

Cooking time: 20 minutes



There are two main types of ginseng: *Panax quinquefolius* (North American ginseng) and *Panax ginseng* (Asian ginseng). North American ginseng is a cooling herb with relaxing properties, whereas Asian ginseng typically has a more stimulating, energizing effect.

Ginger has also a fleshy root and health benefits but is an entirely different plant.

Ingredients

Herbs: American ginseng (*Panax Quinquefolius*). Alternatively use Ginger.

- 15 red dates, diced
- 1 cup wolfberry (also known as goji berry)
- ½ Leek and 2 carrots, sliced
- 1.5-liter water
- 1 inch grated ginseng
- 2 chicken breasts, sliced
- Salt as required

Top tip

If you like sweet and hot meals this one is for you. It is surprisingly tasty. The soup can also be prepared as a sauce and served with rice.

Directions

1. Take a saucepan and add red dates, wolfberry, water, grated ginseng or ginger, chicken breast slices and salt in it. Mix very well.
2. Cover the saucepan and cook it for 15-20 minutes.

SAGE POTATO SOUP



Ingredients

Herbs: sage

- 3 cups of water
- Salt as required
- 2 medium-sized potatoes per person, chopped
- 4 cups sliced leek bulbs
- 2 tbsp sage leaves powder
- 8 oz unsalted butter
- 1/2 cup heavy cream

Top tip

If you have problems getting sage powder you can open up a natural sage tea bag.

Fresh sage can be used to add to the taste but many people don't like to eat them

Serving size: for 2

Preparation time: 30 minutes

Cooking time: 20 minutes

Native Americans turned to Sage again and again for many common problems. Next to tobacco, it became the most sacred herb.

Sage decreases gas, bloating, diarrhea, intestinal spasms, and gastritis. It is a superior herb for respiratory issues and a classic remedy for a simple sore throat.

Sage's aroma assists with depression, anxiety, and mental exhaustion.

It is a grounding herb and helps call the user back to the present moment. Much like Rosemary, it increases concentration and memory while decreasing fatigue.

Directions

1. Take a saucepan and add water and salt to boil. Add potatoes and leeks, and return to a simmer. Cover and cook for 30 minutes.
2. Take a blender and add sage powder, butter, and salt. blend until smooth.
3. Pour the above mixture into a blender and blend very well until the soup becomes smooth. Stir in heavy cream, if desired.
4. Pour sage potato soup into soup cups and serve hot. Enjoy!

HOP SHOOTS AND QUINOA SALAD

Serving size: for 4

Preparation time: 30 minutes

Cooking time: 10 minutes



Hop shoots are the green tips of the hop plant. They are purple in early spring and green later in the year. Early shoots are milder _later shoots are a bit bitter but still tasty. Both shoots can be eaten raw for example as salad, fried in olive oil, or cooked like asparagus. Hops shoots are also called ‘the asparagus of the poor’ because they are easier to grow than asparagus and have a similar taste.

Quinoa is a flowering plant, native to the Andean region of northwestern South America. Its edible seeds are rich in protein, dietary fiber, B vitamins, and dietary minerals.

Ingredients

Herbs: hop shoots, quinoa

- 2 cups boiled quinoa
- 2 potatoes, chopped
- Handful hop shoots, chopped
- 1 tsp basil leaves
- ½ cup tomato, chopped
- ½ cup onion, chopped
- ½ cup cucumber
- 1 cup of corn
- 1 tsp green chili
- 2 tsp of olive oil
- ½ cup lemon juice
- salt and pepper to taste

Directions

1. Boil quinoa, potatoes, and hop shoots in salty water for 10 minutes. Drain water off when ready and place in a deep bowl.
2. Add basil leaves, boiled corns, chopped tomato, onion, green chili, and cucumber.
3. Make a sauce with olive oil, lemon juice, salt, and pepper, and mix it into the salad.

DANDELION FRITTERS



Serving size: for 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Native Americans in the Southwest would chop and fry the flowers to make fritters. So let's try this out!

Dandelion is one herb that can cause improvement in almost any condition. Poultices made from the roots reach into an infection and reduce it. The leaves stimulate appetite and digestion. They assist with calcium absorption. Dandelion energizes blood, so, it benefits liver and gallbladder stagnation. It relieves premenstrual syndrome by decongesting blood.

Ingredients

Herbs: dandelion

- 4 cups of freshly picked (washed) dandelion flowers
- 2 cups of flour
- 2 eggs
- 2 cups of milk

Directions

1. Mix the milk, flour and eggs and beat until blended well.
2. Warm some olive oil in a skillet on the stove.
3. Add dandelion flowers in the batter and fry the mixture on both sides until golden brown.
4. Remove from the pan and soak excess oil onto a towel/paper towel.
5. Eat plain or drizzle with maple syrup, and honey, or even roll them in icing sugar while they are still warm.
6. Be creative – add your favorite spices or herbs to the fritter batter!

LENTIL ROSEMARY TOFU PLATE

Serving size: for 2

Preparation time: 20 minutes

Cooking time: 40 minutes



It is not surprising that most Native American tribes viewed Rosemary as sacred. Besides ceremonial and ritual use, Rosemary is a stimulant for the circulatory system. It is warm and pungent, brings blood to the skin's surface and is helpful for musculoskeletal and neurological pain. Rosemary is an essential herb because it can alleviate mental and physical distress. It will calm and tone the digestive system, particularly a cranky digestive system that suffers from nervous debilitation.

Ingredients

Herbs: rosemary, curry

- 150 g tofu, diced
- 180 g lentils
- 450 ml vegetable stock
- 1 tbsp curry
- 2 tbsp olive oil
- 2 tbsp fresh rosemary leaves
- 1 shallot
- 1 clove of garlic
- Lime juice

Directions

1. Cook lentils in vegetable stock with rosemary leaves for 30 min.
2. Mince the shallot and clove of garlic.
3. Heat the olive oil in a pan, add the minced shallots and clove of garlic and cook briefly by stirring.
4. Add tofu, curry and sear the mixture briefly.
5. Add the lentils as soon as they are cooked tender. Stir well.
6. Flavor with salt and pepper and lime juice depending on taste.

STRAWBERRY WILD OATS

Serving size: for 2

Preparation time: 15 minutes

Cooking time: 0 minutes



Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 B.C. The ancient Greeks were the first people known to have made a recognizable porridge (cereal) from oats.

An oat breakfast is an ideal start to the day since it builds energy while reducing stress and is ideal for the aged, due to its tonic, nervine and demulcent qualities. It is beneficial in combating different addictions, including tobacco addiction, cannabis addiction, and even opium addiction. It uplifts you when you feel exhausted.

Ingredients

Herbs: oat seed- *Avena sativa*

- 1 cup organic rolled wild oats
- 2 tbsp oat seeds
- ½ cup Greek yogurt
- 1 tbsp chia seeds
- 1 cup almond milk
- 1 banana, diced
- 2-4 strawberries, diced

Top tip

Use honey to sweeten

Directions

1. Take a bowl and add oats, oat seeds, Greek yogurt, chia seeds and almond milk in it. Mix it very well.
2. Leave to soak for 10 minutes or cover and refrigerate overnight.
3. Take out from the refrigerator and garnish with strawberries and bananas.

PINE NEEDLE COOKIES

Serving size: for 2
Preparation time: 30 minutes
Resting time: 1 hour
Baking time: 25 minutes



Pine needles contain a fair amount of vitamin C and are high in antioxidants. They have an anti-inflammatory character. The vitamin C content of pine needles tends to vary from species to species. The younger pines tend to contain more. The Eastern White Pine needles in a USDA Forest study yielded between 0.72 mg and 1.87 mg of ascorbic acid (vitamin C) per gram. In one historical account of voyages from France to America, the French explorer, Jaques Cartier in 1536, boiled Pine needles to remedy the scurvy of his crew. Guided by the local Iroquois, the crew recovered.

Ingredients

Herbs: pine (*Pinus Sylvestris*) needles

- ½ cup powdered sugar
- ½ cup coconut oil
- ½ tsp salt
- 1 tbsp pine needles powder
- 1.5 cups all-purpose flour

Directions

1. Take a deep bowl and add powdered sugar, coconut oil, salt, pine needles powder, and all-purpose flour in it. Mix all very well to make a soft dough. Put it aside for 1 hour.
2. Make small balls out of the dough and flatten them.
3. Grease a cookie tray with butter and arrange the pine needle cookies on it. Bake in the oven for 15-20 minutes.
4. Take them out, cool and serve. Enjoy!

LEMON BALM ICE CREAM

Serving size: for 2
Preparation time: 20 minutes
Cooking time: 5 minutes
Refrigeration: 5 hours



Like Chamomile, Lemon Balm is a superior herb for digestive spasms. It helps with anxiety or depression symptoms and soothes tension and neuralgia. It relieves palpitations coming from anxiety or insomnia. This plant interfaces between the digestive tract and nervous system.

Ingredients

Herbs (lemon balm)

- 2 cups of cream (30% fat)
- 2 cups sweetened condensed milk
- 2 fresh peaches or canned peach
- 0.5 dl water
- 10 leaves of lemon balm, chopped

Top tip

You can vary the ingredients as you like by mixing cookie pieces, chocolate chips, almond paste or fruits in the condensed milk.

Directions

1. Take a saucepan and add peaches, water, and chopped lemon balm. Cook for 5 minutes. Then blend to form a smooth paste. Put pan aside to cool.
2. Take another saucepan, add heavy cream and mix until thick.
3. Pour sweetened condensed milk into heavy cream and mix gently. Then add peach with lemon balm into the mixture and stir again.
4. Pour the mass into a container to freeze for at least 5 hours.
5. Ideally, mix every 2 hours after the ice cream is in the freezer to avoid the growth of ice crystals.
6. Remember to take the ice cream out of the freezer 10 minutes before serving.

RASPBERRY & LEMON PANNA COTTA

Serving size: for 2
Preparation time: 15 minutes
Cooking time: 5 minutes
Refrigerating time: 4-5 hours



Ingredients

Herbs: lemon balm peppermint, cinnamon

- 3 leaves of gelatine
- 4 dl whipping cream
- 1 dl Milk
- 1 Pack of vanilla sugar
- 1 tbsp sugar
- 250 g Blackberries
- 1 tbsp sugar
- 0.25 tsp cinnamon
- 1 tbsp water

Top tip

Can be prepared in advance: Prepare the Panna cotta ca. 1 day before use and keep it covered up in the fridge.

Directions

1. Put Gelatine in cold water for about 5 min.
2. Cook whipping cream and milk together with the vanilla sugar, cut back the heat and cook to reduce the mass to 4 dl.
3. Take the saucepan away from the cooking plate. Take gelatine out of the water and mix it into the whipping cream. Sieve the whipping cream mixture into dessert forms and let cool down.
4. Cover up and keep in the fridge for about 4 hours until firm.
5. Cook blackberries in sugar, cinnamon, and water in a covered pan for about 2 minutes.
6. To serve: Release the edges of the forms of the panna cotta carefully with a knife. Plunge the forms shortly in hot water and overturn them on a plate. Serve blackberries to it. Decorate with plucked peppermint leaves. Or serve as shown in the picture.

BLACKBERRY AND ROSEMARY MUFFINS

Serving size: for 2

Preparation time: 30 minutes

Cooking time: 30 minutes



Blackberries are good for anemia and blood sugar stabilization. It is important to remember that most berries strengthen kidney and adrenal function. Native tribes understood how powerful berries were. Soups made from fresh or dried berries made an ideal ceremonial offering. Berries were a common and primary tribal medicine throughout the Northeast and the Northwest. Healers used the leaves for fevers, colds, sore throats, and vaginal discharge. The root and stem bark treated diarrhea and dysentery.

Ingredients

Herbs: blackberry, rosemary

- 1 cup sugar
- ½ cup melted unsalted butter
- 2 large eggs
- 1 tsp vanilla
- 1 cup sour cream
- 1 tsp milk
- 2 cups all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp cinnamon
- 1 cup fresh blackberries
- 1 tsp rosemary

Directions

1. Take a medium-size bowl, and add butter and sugar. Whisk well.
2. Add eggs and beat until it mixture is foamy. Add vanilla, sour cream and milk and mix again.
3. Now take another bowl and add flour, baking powder, cinnamon, salt, rosemary and blackberries. Mix well.
4. Fold the flour mixture with the egg mixture. Pour into muffin forms. Bake for 30 minutes. Take out to cool.



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