

## The Home Herbal Apothecary Recipes

### Soothing, Antiviral Popsicles

1/3 cup fresh lemon balm or 2 tbsp dried  
1 inch ginger, finely sliced (optional)  
2 1/2 cups water  
1/3 cup lemon juice (optional)  
1/3 cup raw honey  
1 Tbsp honeysuckle glycerine  
4-6 droppers st.john's tincture, echinacea or other immune booster (optional)

#### Directions:

Place the ginger and water in a small saucepan and bring to a simmer. Turn the heat off and pour over the lemon balm. Strain after 5 minutes. Stir in remaining ingredients. Set it aside until completely cool. Pour into popsicle molds and allow to set in the freezer.

### Cold & Flu busting chicken soup

1 tablespoon avocado oil or olive oil  
8 large cloves of garlic, minced  
2 large onion, diced  
4 large carrots, thinly sliced  
2 celery stalks, roughly chopped  
2 tablespoon fresh grated ginger  
2 tablespoon fresh grated turmeric (or 1 teaspoon ground turmeric)\*  
6 cups low sodium chicken broth (or boosted broth!)  
1 pound boneless skinless chicken breast or thighs  
1 tablespoon freshly chopped oregano  
1 tablespoon freshly chopped thyme, stems removed  
1/2 teaspoon salt  
Freshly ground black pepper  
1 cup pearl or Israeli couscous or rice (optional)  
2/3 cup frozen peas, fresh spinach, or fresh nettle (optional)

#### Directions:

- Place a large dutch oven or pot over medium high heat and add in oil. Once oil is hot, add onion, carrots and celery; cook for a few minutes until onion becomes translucent.
- Next add in garlic, grated ginger and grated turmeric. Saute for 30 seconds to let the spices cook a bit, then add in chicken broth, chicken breast, oregano, thyme, salt and pepper.
- Bring soup to a boil, stir in couscous or rice if using. You'll want the chicken to be covered by the broth so make sure you stir them down to the bottom.
- Reduce heat to medium low and simmer uncovered for 20-25 minutes or until chicken is fully cooked.
- Once chicken is cooked, remove with a slotted spoon and transfer to a cutting board to shred with two forks. Add chicken back to pot then stir in frozen peas, spinach, or nettle if using. If you find that you don't have enough broth, feel free to add in another cup. Everyone likes their soup differently. Taste and adjust seasonings, if necessary.

### **Elderberry/ Immune gummy recipe**

4oz orange juice

6oz elderberry/ Immune plus syrup

3Tbsp grass fed gelatin

Directions:

Stir orange juice and 1oz syrup on medium low heat on stove.

Pour gelatin into remaining syrup and allow to bloom.

Whisk into mixture on stove until completely dissolved.

Mold and place in the refrigerator for a couple of hours.

Unmold and enjoy!

### **Electrolyte Drink Recipe**

1.5 cups Orange juice

.5 cups lime juice (or lemon)

3 cups spring water

3 cups coconut water

6 Tbsp honey

1/2 tsp himalayan salt

Directions: Blend together.