



COOLING INFLAMMATION

An online workshop
with Rosalee de la Forêt

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CoolingInflammation.com

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OPTIMIZED HAWTHORN & TULSI TEA

This optimized tea recipe combines hawthorn and tulsi to soothe inflammation and soothe the heart. Enjoy this regularly and at any time of the day.

Note: I recommend measuring out the herb amounts using a kitchen scale so you get an accurate amount. If you don't have a kitchen scale, this is roughly 2 tablespoons of finely crumbed hawthorn flower and leaves and 1 tablespoon of finely crumbed tulsi leaves.

INGREDIENTS

- 3 grams dried hawthorn flower and leaf
- 1 gram dried tulsi leaves
- 12 ounces of water

DIRECTIONS

1. Grind the dried leaves and flowers using a spice grinder reserved for herbs. (You don't want to use your coffee grinder because your tea will taste like coffee and vice versa.)
2. Place the herbs into a French press or another glass container with a handle and pour spout.
3. Boil the water. Pour the water into the French press.
4. Let sit, covered, for 3–10 minutes. (The researchers said that it wasn't necessary to steep for more than 3 minutes, but even steeping to ten minutes is fine.)
5. Strain off the flowers and leaves, which you can now compost. If there are a lot of little bits still left in the water you can pour the tea through cheesecloth or a nut milk bag.
6. You can flavor your hawthorn and tulsi tea with a bit of honey or other sweetener if desired.

YIELD: 1 SERVING



NETTLE INFUSION

This nutrient dense brew is the perfect way to enjoy the many gifts of nettle. To get the most benefits, drink this daily for several months (or years!).

INGREDIENTS

- 28 grams dried stinging nettle leaves (1 ounce)
- Pinch of dried peppermint (optional)
- 3 cups water

DIRECTIONS

1. Place the dried leaves in a quart sized glass jar.
2. Boil the water, add it to the jar. Stir well.
3. Cover and let sit for 4-8 hours.
4. Strain and drink within 24 hours.

YIELD: 1 SERVING



GOLDEN MILK ICE CREAM

Golden milk is a famous beverage from the Ayurvedic healing tradition. There are countless different recipes but all feature the golden-hued herb turmeric. This recipe combines India's healing herbs in a delicious sweet dessert.

INGREDIENTS

- 4 eggs
- 2 cups coconut milk
- 1/3 cup liquid honey
- 2 teaspoon turmeric powder
- 1 teaspoon ginger powder
- pinch freshly ground black pepper

DIRECTIONS

1. In a large bowl, lightly beat the eggs together.
2. Whisk in the coconut milk and liquid honey.
3. Add the turmeric, ginger, and black pepper.
4. Mix until fully incorporated.
5. Follow the directions on your ice cream maker.

YIELD: 6-8 SERVINGS



WARMED GOLDEN MILK

This warming beverage is a soothing and delicious way to get more turmeric and other healing spices into your daily life. Combining turmeric with milk has a long tradition in India and it's a wonderful way to offset the drying qualities of turmeric.

If you are sensitive to dairy, any type of dairy alternative (almond, rice, coconut) milk will work great. As you become more familiar with these tastes, experiment with increasing the amount of spices so you can get more in each serving while still enjoying the flavors.

INGREDIENTS

- 2 tablespoons ghee (butter or coconut oil will also work)
- 2 teaspoons turmeric powder
- 1/2 teaspoon ginger powder
- 1/4 teaspoon cardamom powder
- pinch of finely ground black pepper
- 16 ounces of milk
- honey to taste (or sweetener of choice)

DIRECTIONS

1. Heat the ghee in a medium sized sauce pan. Once warmed, add the spices. Stir continuously for 30 seconds or until the spices are fragrant.
2. Add the milk. Stirring constantly, heat the milk until it is steaming hot.
3. Remove from heat and add honey to taste. Stir to dissolve the honey.
4. Place the liquid in a blender. Blend on high, allowing for the steam to escape, for 30 seconds. The golden milk should now be blended with the oils from the ghee and be golden and frothy.
5. Pour and enjoy immediately.

YIELD: 2 SERVINGS