

Rose Cardamom Horchata



BY DAMIANA CALVARIO

Aguas frescas are non alcoholic beverages made seasonally with fruits, veggies, cereals, flowers, weeds and/or seeds. They're super popular all around Mexico and a great way to introduce herbs in your every day life. Here's a versatile cooling flower horchata for the warm months of the year!

It will keep in the fridge for a couple of days but I'm sure it will be gone before that!

Serves 6

Damiana is a mixed woman of color, daughter, sister, caregiver, community member, and first generation immigrant. Born and raised in so called Mexico City to a large family, she inherited both her mother's and father's lineages. Currently living as a guest in Chumash land, her practice blends together her Mexican roots, family's kitchen remedies, Curanderismo studies, and western herbal training.

Find more of Damiana's offerings on Instagram and Patreon @laluneria.



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ingredients

- 1 handful dried rose petals
- 1 tablespoon crushed cardamom
- 1/2 cup dried marshmallow root
- 1 cinnamon stick
- 1 cup uncooked rice
- 1 cup shredded unsweetened coconut
- 1 cup almonds (or your favorite nuts)
- 1/2 gallon spring water or milk (or a combination of both)
- Piloncillo (molasses) or honey to taste

directions

1. Make an overnight cold infusion with the rose petals, crushed cardamom, marshmallow root, cinnamon stick, rice, coconut and almonds.
2. This just means place in 1 or 2 glass bowls and cover with room temperature water.
3. In the morning, blend everything together until smooth. You can add your milk (for extra electrolytes) here.
4. Strain through a fine mesh and add your sweetener to taste.
5. Serve over ice and garnish with powdered cardamom and fresh or dry rose petals.
6. Enjoy and share abundantly!