

Dandelion Herbal Center

<http://www.dandelionherb.com>

Herbal Recipes

Bubble Bath

1 c mild dish soap
1/4 c herbal oil
1/4 c vegetable glycerin
Approx. 20 drops of essential oil

Mix together and pour into a squeeze bottle for bath use.

Christa's Rose Hip Jam

Fill jar 2/3 full of cut and sifted and deseeded rose hips. Cover with apple juice. Let sit 4 hours to overnight. May be blended for smoother texture. Refrigerate.

Jam Filled Almond Cookies

1 c almonds
1 c rolled oats
1 c whole wheat pastry flour
1/2 t cinnamon
1/4 t salt
1/2 c canola oil
1/2 c maple syrup
1 t vanilla
12 drops orange essential oil
1 jar fruit jam (1/2 pint)

Preheat oven to 350°. Grind almonds into coarse meal & put in bowl. Grind oats into fine powder and add to bowl with flour, cinnamon, salt. Mix well. Mix oil, maple syrup, vanilla, orange oil and whisk. Mix wet ingredients into dry and stir to moisten. With moist hands form walnut-sized balls. Insert index finger into center creating a small hole (be careful not to pierce the bottom). Repeat with remaining dough. With a teaspoon, push jam into cookie center. Don't overfill. Bake 15-20 min. until lightly golden. Makes 2 dozen.

Carob Mint Tofu Mousse

1 pound firm silken tofu
1 pound carob chips
5 drops peppermint essential oil

Blend tofu in blender. Add melted carob chips and blend until smooth. Add peppermint oil and blend. Pour it in pudding cups or line pie shell with graham cracker crust and pour in filling. Top with your favorite berries and enjoy!

Dandelion Herbal Center

<http://www.dandelionherb.com>

Herbal Recipes

Festive Tea

- 1 part roasted dandelion root
- 1 part raw dandelion root
- 1 part peppermint leaves
- 2 part licorice root
- 2 part cinnamon chips
- 2 part cloves
- 2 part orange peel

Mulled Cider

- 1 qt water
- 1 qt apple juice
- 1/2 oz herb combination: clove, cinnamon, nutmeg, allspice and orange peel