

Adaptogen & Tonic Herbal Recipes for Fun & Good Health

Please note; Powdered herbs used in these recipes need to be very finely powered (without grit); home grinders usually don't grind fine enough. Unless you have a commercial quality grinder, I suggest buying herbs in powdered form. There are several excellent online herb companies you can purchase herbs from if you don't have a local source. We've listed a few resources for you at the end of this handout.

Turmeric-Ginger Dark Chocolate Candy

This is how medicine should taste! Turmeric, a well-known anti-inflammatory herb, is renowned for its benefits for joint and muscle health, heart health, and fighting infections and lingering illness. You can often buy fresh turmeric these days, but for this recipe dried, finely ground turmeric works best. This is a basic formula, and you can use other herbs with or in place of the turmeric — for example, hawthorn for heart health, rhodiola for energy, and maca or ashwagandha for general vitality and sexual health. **Just be sure all the herbs are finely powdered.**

16 ounces bittersweet dark chocolate, roughly chopped (organic and fair trade if you can swing it)

8 ounces coconut oil (preferably unrefined)

1 cup finely chopped walnuts

{1/2}–3/4 cup ground turmeric

1 teaspoon vanilla extract

1 teaspoon coarsely ground black pepper

{1/4}–{1/2} teaspoon coarsely ground salt

{1/4} cup freshly grated ginger (optional)

Dried cranberries, goji berries, or raisins (optional)

To make: Combine the chocolate and coconut oil in the top of a double boiler, and heat, stirring, until they are melted and well combined. Remove from the heat and stir in the rest of the ingredients. Pour the mixture into candy molds or onto a thin baking tray. Let cool. When firm, but not fully hard, cut into squares. Because of the coconut oil, this chocolate will melt if it gets warm. Store in the refrigerator or a cool area.

To use: Have one or two small pieces a day.

Energy Balls

Candy that's good for you!!! This particular combination of herbs is formulated to give you sustained energy, not from stimulants, but from nutrient-dense herbs that nourish and support endocrine gland function. The guarana and kola nut, if you choose to use them, are both very high in caffeine and thus are not recommended for daily or long-term use. But they do give extra "zoom" for a hard night of studying, that long hike, or a marathon night of lovemaking.

2 cups cashew butter (or almond, peanut, or other nut butter)
2 cups tahini (drain any excess oil from the top)
About 1{1/2} cups honey (more or less according to your taste)
2 ounces maca powder
1 ounce ashwagandha powder
1 ounce rhodiola powder
1 ounce eleuthero powder
1 cup finely chopped walnuts or almonds
8 ounces unsweetened shredded coconut, lightly toasted
1 (12-ounce) package bittersweet chocolate chips (or carob)
{1/2} cup dried cranberries, raisins, or goji berries
Unsweetened cocoa powder, to thicken
Unsweetened cocoa powder, unsweetened coconut flakes, or melted chocolate, for coating the balls

To Make: Combine the nut butter, tahini, and honey in a large bowl and mix until smooth. Stir the herbal powders together in a separate bowl, then add to the nut butter mixture and mix well. Add the chopped nuts, coconut, chocolate chips, and dried cranberries and mix well; you may need to use your hands. Work in enough unsweetened cocoa powder to thicken the mixture to dough-like consistency. Roll the dough into walnut-size balls. Finish the balls with a coating of your choice: shake them in a baggie filled with cocoa powder or coconut, or dip them into melted chocolate. Store the balls in airtight containers lined with wax paper in a cool spot, where they will keep for several weeks.

To use: Take two balls a day.

Zoom Balls: For extra zoom, add 1 ounce guarana powder and 1 ounce kola nut powder to the recipe. Guarana and kola are very high in caffeine, and because of this, they are not recommended for daily or long-term use, or for people who are excessively nervous and/or anxious, or who have hypertension or on heart medication. But they do give extra zoom for a hard night of studying, that long hike, a marathon run, or a marathon night of lovemaking. The secret's in the guarana!

Maca Balls

Maca is a wonderful *adaptogen* (herbs that help you *adapt* — whether to stress, assaults on your immune system, or environmental triggers — and supports stamina, endurance, energy levels, and immune function). Maca is also a sexual tonic, recommended for low libido, erectile dysfunction, and infertility issues in both men and women. And it is actually rather tasty, with a mild butterscotch flavor. These maca balls are super easy to make and ensure a daily dose of this excellent tonic herb.

{1/2} cup nut butter, such as almond, cashew, hazelnut, or peanut

{1/4} cup honey or maple syrup (sweeten to taste)

{1/4}–{1/2} cup maca powder

Cocoa or carob powder, to thicken

Mix the nut butter and honey together until smooth and creamy. Stir in the maca powder. Add enough cocoa or carob powder to thicken the mixture to a dough-like consistency.

Using a teaspoon as a scoop, roll the dough into small balls. Pour some cocoa or carob powder into a baggie, drop in the balls, and shake to coat. Store the balls in airtight containers lined with wax paper in a cool spot, where they will keep for several weeks.

To use: Take two small balls daily.

****** Using the instructions for Maximum Maca Balls, you can make a herb “candy” balls with almost any of the adaptogen and tonic herbs listed. Just be sure the herbs are finely powdered. If an herb is particularly bitter or untasty, try adding a drop or two of peppermint essential oil to the mixture for a more refreshing flavor.

Nourishing Roots Super Powder

Herbal powders are a quick and easy “fix.” You can add powders to blender drinks and smoothies, soups, and other dishes. You can also mix a teaspoon of the powder in a cup of hot water, with a little honey, for a cup of “instant tea.” You can use different combinations of herbs according to your personal needs and what you have available. The herbs in this particular combination are nourishing, tonic, and adaptogenic, supporting overall well-being, a balanced stress response, and healthy reproductive function. For a boost of heart health, add 1 part hawthorn berry powder to the blend.

1 part ashwagandha powder

1 part eleuthero powder

1 part maca powder

½ part licorice root powder

½ part wild yam powder

Mix the powders together. Store in a glass jar with a lid.

To use: Take {1/2}–1 teaspoon two times daily.

Note: Licorice is not recommended for individuals who have high blood pressure or are taking heart medication.

Long Life Elixir

This is an another old-time favorite recipe. An herbal tonic, this elixir builds strength and vitality by nourishing the endocrine glands. This recipe invites your creativity; in fact, it yearns for it. Try different herbal combinations. Truthfully, I've never followed the exact recipe but always change it a little each time I make it.

- 2 parts ashwagandha
- 2 parts eleuthero
- 2 parts hawthorn berries
- 1 part sarsaparilla root
- {1/2} part cinnamon chips
- {1/4} part ginger
- {1/8} part green cardamon pods, crushed
- 80-100 proof brandy, vodka, or rum, to cover
- Black cherry concentrate (or a fruit concentrate of your choice)

Tincture the herbs in the alcohol (if you've never made an herbal teacher, see my book, Medicinal Herbs, a Beginners Guide for detailed instructions). For each cup of finished tincture, add {1/2} cup black cherry concentrate. (Be sure this is a concentrate, not a fruit juice. If using fruit juice, your elixir will ferment.) Shake well and rebottle. Your elixir is ready!

To use: A standard daily dose is about 2 tablespoons once or twice daily. Serve in a fine little goblet with a bit of water or juice, and sip as an aperitif. Try sipping it with your sweetie before a sensuous night.

Super Maca Milk Shake

A great morning shake, this drink will keep you energized all day. Because of the rhodiola, you may not want to drink it later in the day; it may keep you awake at night. For a late-afternoon pick-me-up, try leaving out the rhodiola and using ashwagandha instead. For an evening "get ready to play" drink, add kava and ashwagandha. For most people, kava increases body sensations and feelings of heartfulness.

- 2{1/2} cups milk (or almond or rice milk)
 - 2 tablespoons maca powder
 - 1 tablespoon eleuthero powder
 - {1/2} teaspoon rhodiola powder
 - 1 banana
 - 1 cup blueberries, raspberries, or a combination
 - 1 teaspoon maple syrup (optional)
 - 1 teaspoon vanilla extract (optional)
- Combine all the ingredients in a blender and blend until smooth.

Herbs 'n' Honey

Mixing herbs with honey is another quick and easy way to prepare and preserve herbs. Herb-infused honeys, or electuaries, as they're called, can be used as a spread on toast, mixed with hot water to make an "instant tea," or licked right from the spoon. Honey is

a natural preservative, so electuaries will keep for weeks on the shelf or even longer in the refrigerator. The honey paste should be moist; it will dry out a bit in storage, even in a tightly closed container. If it becomes too dry, simply add a little more honey.

Hawthorn Heart Tonic Honey

This honey makes sweet work of the heart-healthy benefits of hawthorn.

Hawthorn powder (berries, leaves, and/or flowers)

Cinnamon and/or ginger powder, for flavor (optional)

Honey, preferably raw

1–2 drops lemon or orange essential oil, for flavor (optional)

Stir enough powdered herbs into your honey to make a thickish paste. Add the essential oil, if using.

To use: Take 1 teaspoon two times daily.

Homemade Chyawanprash

Chyawanprash, a popular Ayurvedic herb formula, is a rejuvenative tonic that supports overall health, and in particular strength, immunity, and digestion. It is also said to support a healthy libido and sexual stamina. A mixture of powdered herbs, honey, and fruit, it is quite delicious, and very nourishing. There are many variations; this is my own.

1 part ashwagandha powder

1 part maca or astragalus powder

1 part rhodiola powder

1 part eleuthero powder

{1/2} part cinnamon powder

{1/4} part ginger powder

{1/8} part cardamom powder

Honey, preferably raw

Fruit concentrate (optional)

Rose water (optional)

Combine all the herbs in a bowl and stir well. Add enough honey, fruit concentrate, and rose water, if using, to form a thickish paste.

To use: Take 1 teaspoon two times daily.

Tonic Chai

There are literally hundreds of recipes for chai, a spicy herbal tea originating in the regions of India, Nepal, and Tibet. This particular blend is based on traditional chai herbs but also includes a number of herbs that are specific adaptogens and tonics. Serve it hot or chilled, with or without milk. Note: Don't use powdered herbs; they don't strain well and tend to make the texture of the tea granulated. Most of these herbs can be bought "c/s" — that is, cut and sifted- the form most herbs come in for making tea.

This recipe makes enough for several servings and can be stored in the refrigerator for up to 3 days.

3 tablespoons cinnamon chips (or 1 stick broken into small pieces)
 1 tablespoon ashwagandha
 1 tablespoon eleuthero
 1 tablespoon freshly grated ginger or {1/2} tablespoon dried ginger
 1 tablespoon licorice root
 2 teaspoons cardamom seeds, crushed
 6–8 black peppercorns (whole or coarsely ground)
 4 whole cloves
 8-10 cups of water, depending on the strength you like.
 5 tablespoons black tea leaves (optional)
 Honey, to taste
 Milk (dairy, almond, rice, soy, etc.), preferably steamed (optional)
 Powdered cinnamon, cocoa, and/or nutmeg, for garnish
 Combine all the herbs with the water in a saucepan except for the black tea.
 Bring to a simmer and let gently simmer, covered, for 10 to 15 minutes.
 Remove from the heat and add the black tea, if using. Let steep, covered, for another 5 minutes.
 Strain the mixture into a warmed teapot and add honey to taste. Serve in large mugs, topping each with a generous dollop of warm milk, if you like, and a sprinkle of cinnamon, cocoa, and/or nutmeg (I like all three).

Kava Love Chai

Kava relaxes the body, opens the heart, and stimulates the mind. Try a little kava before lovemaking — it nicely enhances body sensations. Where there's kava, there can be only love . . . no stress, no anger, no disappointment, no greed. *Bring on the kava!*

We brew up 25 gallons of this basic chai recipe for the International Herb Symposium Grand Ball each year, using organic fresh kava that is shipped overnight from the Hawaii farm of Tane Datta, a devoted UpS member. After brewing it, we add a super kava extract that Ed Smith and Sara Katz of Herb Pharm donate each year. No wonder it's such a special party!

This recipe makes enough chai for a big party. For smaller batches, just reduce the amount of herb. Make a small test batch, taste, and adjust flavors as needed.

1 cup fresh or dried kava
 {1/4} cup ginger c/s ("cut and sifted")
 {1/4} cup cinnamon chips
 {1/8} cup coarsely chopped cardamom pods
 {1/8} cup whole peppercorns
 A few cloves
 1 or 2 vanilla beans, chopped
 2 gallons water
 Coconut milk, to taste
 Honey, to taste
 Vanilla extract, to taste (optional)

Combine the herbs and spices with the water. Bring to a simmer and let simmer gently, covered, for 3 to 4 hours, or until the kava flavor is quite strong and tingly. Remove from the heat and add coconut milk to taste. Let the mixture sit overnight. The following morning, strain and sweeten with honey to taste. Add vanilla extract, if desired.

Variation: I often add a little ashwagandha, eleuthero, and/or rhodiola to this blend, approximately {1/4} cup of each. All are excellent adaptogens. And for extra flavoring, I often sprinkle my chai with cinnamon, cocoa, and/or nutmeg.
Note: Kava isn't for everyone and does have some safety issues. Read up on it before using.

***Bulk Herbs & Supplies** ~ Herb stores are springing up around the country and many natural food stores now offer a large selection of herbs. Whenever possible, buy your herbs locally. If, however, you are unable to get good quality herbs close to home, the following sources offer excellent quality herbs and/or herbal products. Most of these are small mail order companies owned by herbalists. There are many other excellent online and printed sources available as well. These are only a few of our favorites; we are listing these because they provide bulk herbs and supplies needed by students of the home study course.*

❖ **Mountain Rose, PO Box 50220, Eugene, OR 97405.**

www.mountainroseherbs.com

❖ **Jean's Greens, 1545 Columbia Turnpike, Castleton, NY 12033 518-479-0471.** www.jeansgreens.com

❖ **Rosemary's Garden 132 North Main Street, Sebastopol, CA 95472.** www.rosemarysgarden.com

❖ **Zack Woods Herb Farm c/o Melanie and Jeff Carpenter 278 Mead Rd, Hyde Park, VT 05655.** www.zackwoodsherbs.com

❖ **Healing Spirits, 9198 St. Rt 415, Avoca, NY 14809.** www.healingspiritsherbfarm.com

❖ **Pacific Botanicals, 4840 Fish Hatchery Road, Grants Pass, OR 97527 ph 541-479-7777 or fax 541-479-7780.** [. pacificbotanicals.com](http://www.pacificbotanicals.com)