

Herbal Infinities Recipes

Peppermint Water

Take any amount of water from a cup to a gallon, mix (by shaking or by spoon)

1-4 drops of peppermint essential oil into the water.

Very refreshing. It is fun to use mineral sparkling water too.

I use peppermint oil as a leave-in hair rinse after I shampoo and condition-I usually heat up water first and then drop the oil in, stir and take it into the shower with me to pour over my hair as well as my body.

Peppermint Sun Tea

1 gallon of spring water

3 handfuls of fresh peppermint

Chop peppermint coarsely.

Put a gallon sized glass jar outside in full sun, fill it with spring water and fresh chopped peppermint.

Let it sit out in the sun for a couple of hours.

Strain into glasses, add ice if desired, and enjoy.

Alternatively you can steep any amount of fresh peppermint in any amount of fresh water outside or inside; this is called a cold-infusion. It is very refreshing!

Nettles Peppermint Infusion

Per quart jar use approx 2 tbsp dried nettle leaf + 1/2 or 1 tbsp peppermint dried leaf.

Cover with boiling water, put lid over jar, let sit 10 minutes to 8 hours (overnight). Strain, drink room temp, reheated as a hot tea, or over ice

Peppermint Patty Shake

2 bananas frozen or not

2 tbsp sunflower seeds soaked overnight

handful of fresh mint

water to cover

optional : spoonfuls of carob or cacao powder

optional: 1-2 dates soaked to soften

optional: spoonfuls of coconut oil, coconut butter or fresh coconut meat

Blend all to your heart's content

Peppermint Body and Hair Oil

Add 1-4 drops of Peppermint Essential Oil to carrier oil of your choice

I like to rub a little bit of this oil into my scalp and onto my neck when I am feeling tired and want to be revived around my head

Basil Essential Oil Blend

3 drops Basil Essential Oil
2 drops Ylang-Ylang Essential Oil
1 drop Lavender Essential Oil
4 oz or more of a carrier oil (Sesame, Olive, Jojoba...)

Mix in a bottle---Makes a beautiful energizing perfume

Basil Popcorn

coconut oil for popping
popping corn (Ann Arbor Farmers Market has a local popcorn grower)
After corn has popped, drizzle your favorite oil/butter over the corn and add:
generous pinches of dried basil, turmeric, salt and pepper

Mix around real good in bowl, adding more of anything you want!

Basil Pesto

3/4 cup raw pumpkin seeds (soaked 4-8 hours)
bunch of fresh basil + any other fresh herbs (parsley, rosemary, dill...)
any leafy greens you want (spinach, beet greens, carrot greens...)
dash of apple cider vinegar
1/2 lemon-freshly juiced
2-3 tbsp olive oil
sea salt and pepper to taste

Blend all in a food processor to your desired consistency

Basil Smoothie

2 bananas (frozen or fresh)
cup or so of mango (frozen or fresh)
handful of fresh basil
splash of vanilla extract
water to cover

Blend all in blender till Smoothied

Basil Lemonade

3 cups water + 1 cup ice cubes
1 and 1/2 lemons peeled, halved, seeded
1/2 cup fresh basil
any sweetner to taste (Stevia extract nice for a 0 sugar drink)

Blend all in a high speed blender-alternatively you could leave the ice-cubes out and add them whole to the blended drink. I find that I like spoons in the glasses because these drinks separate on standing... and if enjoying slowly as sipping, stirring the glass makes for each sip being full of all the layers

