

A LITTLE RECIPE COMPENDIUM

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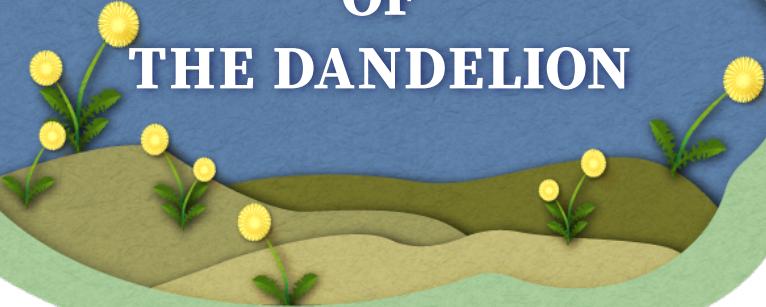
A HANDMADE LITTLE COMPENDIUM OF RECIPES FOR YOUR BODY, MIND AND SOUL

Often unrecognised, jawned at for the simplicity they carry as routined part of our daily cuisine, defamed as weeds - when we started writing our blog in August 2022, our aim was to share some of the fascination and inspiration we found in the healing abilities of the natural world around us, herbs, fruits, vegetables. Both approaching food from pretty different angles, we found common ground in our curious interest for what mother nature can add to our life - in order to lower costs but still eat healthy, as a support to our physical or mental well-being, as a spiritual tool.

We hope you enjoy this handmade little compendium with its illustrations, the herbal teas, the easy to follow recipe ideas and the tiny bit of magic you'll encounter on the following pages.

Stay true and feel loved!

DETOXIFYING POWERS OF THE DANDELION



ANTI-HANGOVER TEA

For 500ml, I mix:

- 1 teaspoon of Dandelion
- 1 teaspoon of Rosemary
- 1 teaspoon of Geranium Robertianum
- 1 teaspoon of Aniseed

Use hot water, not boiling.

Ideally around 75 C.

Make sure to cover your brew while it is steeping.
Your hangover remedy will be ready in 10 mins.

HERBAL SALT

For one small jar of salt I use:

- 1 hand full of Dandelion (flower petals and leafs)
- 1 hand full of Daisies
- 1 hand full of Wild Garlic
- 1 hand full of Gout Weed
- 1/2 hand full of Savoury
- ca. 50-100g of Coarse Sea Salt



Remove the stems and any hard items from your herbs and chop them finely.



Add them to the salt and grind all ingredients in a mortar until you have the desired level of coarseness.



IMMUNE BOOSTING COLD & FLU HEROS

GERMS AWAY TEA

For 250ml, I mix:

- 1 teaspoon of Thyme or Oregano
- 1 teaspoon of Meadowsweet
- 1 teaspoon of Pink Rock-Rose

Use hot water, not boiling.
Ideally around 75 C.

Make sure to cover your brew while it is steeping.
Your healing remedy will be ready in 10 mins.

Add a bit of Honey and and fresh Lemon to your
liking. Have your tea freshly brewed, one in the
morning and certainly one before bed.

Get Better!

MAGIC GINGER SHOT

A fresh, spicy immune boosting shot:

- 50g Ginger, fresh, chopped
- 1-2 pieces Tumeric, fresh or dried. (If dried use about 1,5 teaspoons)
- a pinch of grinded black Pepper
- 2 Oranges, chopped
- 1 Apple, chopped
- 1 Lemon, chopped



Slice all ingredients in appropriate pieces for your slow juicer.



Fill the juice in a clean bottle and store in the fridge.
Shake well before drinking.



For some extra flavour and additional heat you can experiment by adding Carrots, Chilli or Cinnamon.



HAPPINESS & SELF-LOVE

A SELF-LOVE TEA

For 250ml, I mix:

- 1 teaspoon of Rose
- 1 teaspoon of Orange Blossom
- 1 teaspoon of Daisy
- 1 teaspoon of Lime Flower

Use hot water, not boiling.
Ideally around 75 C.

Cover your brew while leaving it to steep for 5 mins.

ANXIOUS & DEPRESSIVE MOODS-AWAY TEA

For 250ml, I mix:

- 1 teaspoon of St. John's Wort
- 2 teaspoons of Lemon Balm
- 1 teaspoon of Lime Flower

Use hot water, not boiling.
Ideally around 75 C.

Make sure to cover your brew while it is steeping. Your tea will be ready in 10 mins.



EATING YOUR GREENS

BASIL PEA PESTO

A fresh light vegetable based pesto even the kids will love!

- Basil, 2 hand full per person
- Peas, fresh or frozen (thawed), 1 hand full per person
- a bit of Garlic to your liking, chopped
- around 200g of Parmesan, grated
- Oil, I use a mix of Olive Oil and neutral Avocado Oil, for a nutty flavour you can also add some Walnut Oil
- a bit of Salt

You will need a good hand blender for creating this marvellous pesto!



Mash the Peas until smooth and creamy.



Add some Oil to ease the blending.



Add in Chopped Garlic and Grated Parmesan Cheese. Blend. If the texture is too stiff, add a little bit more Oil.



Add in the Basil Leaves. Blend until the texture is smooth and creamy. Just the way you like it :)



Add more Oil if the texture is too sticky. Add Salt, Pepper, Chilli or whatever feels good to you! Try out a splash of Lemon for some extra freshness.

Corina
Soul Food & Nutrition Coaching

NATURAL REMEDIES TO ALIGN BODY, MIND AND SOUL

We are two friends, sharing with you our SOS spiritual remedies in the form of herbal teas as well as easy to implement little tweaks to your diet with powerful self-care effects, cleansing and fuelling your physical and energetical body for your soul to thrive. In this way, we'd love you to feel empowered and reconnected to your authentic soul expression, inspired to nurture your body, mind and spirit while experiencing a bit of magic and ease during the challenges that occasionally enter our life.



-with love-

Lina & Corina

I have never really thought about the connotation of these two words: Soul Food. If you think about it – wysiwyg – what you see is what you get. Food to fuel your soul, your mind, your body, your spirit. I invite you to come with us, join us on our way, your way, to really enjoy life. To not stress or freak out by the oddballs life throws at us, but to simply take them as they are – oddballs. Things come and go, but your body, mind, and soul will stay – it's really in our own hands how far they will take us.

Lina
Herbal Tea & Spiritual Remedies

I aim to combine ideas derived from energy healing and herbal remedies as tools for a better wellbeing on a physical spiritual level, enabling life in alignment with our authentic soul expression and a general sense of purpose. Spiritual Remedies can often be applied as a form of SOS treatment to help overcome difficult life situations. They are bringing about a very spiritual connection with nature, the self, soul and others, as such creating intertwined rituals of self care, togetherness and compassion.

PLEASE NOTE: OUR CONTENT DOES NOT PROVIDE MEDICAL ADVICE

As with all things in life, some things will have ripple effects and the amounts make the difference. So please don't overdose for example by using too many supplements additionally to a well balanced diet. Please don't overdose herbal teas either.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this booklet or on our website.

WHAT TURNS HERBS, FRUITS & VEGETABLES INTO OUR SUPERHEROS?

