

OCTOBER 2023 APOTHECARY BOX

- **LEMON GINGER FLORAL CHOCOLATE BARS** : Lightness of lemon with the earthiness of chocolate and the zing of ginger. An unusual combo, but it works! The bachelor buttons and sea salt add minerals and depth of flavor.
 - Ingredients: dark chocolate, sea salt, organic cane sugar, lemon extract, ginger powder, cornflower petals
 - Instructions: Eat anytime for a veritable mood-boost. It'll bring a smile to your face!
- **ELDERBERRY SYRUP** : Provides cold and flu prevention and relief, shortens duration of cold and flu, reduces sinus infection symptoms, balances blood sugar, supports skin health, eases allergies, modulate the immune system.
 - Ingredients: elderberries, cinnamon, ginger, organic cane sugar
 - Instructions: Adults and children over 3, take 1 teaspoon daily for prevention. At the onset of a cold, take 1 teaspoon every 3 hours. For kids ages 2-3, take 1/4 teaspoon daily or as needed. **STORE IN REFRIGERATOR.**
- **HOLY BASIL INFUSED OLIVE OIL** : This infused olive oil is hanging on to summer with one last effort. Holy basil's garden flavor is bright and uplifting, reducing stress, supporting your immune system and balancing blood sugar.
 - Ingredients: fresh holy basil, organic olive oil
 - Instructions: Drizzle over grain dishes, mix with a bit of vinegar for an easy salad dressing, or sprinkle on fresh veggies. Toast some bread, scrape with a garlic clove, and drizzle with this oil.
- **COFFEE EXTRACT WITH ASTRAGALUS** :: This delicious, concentrated coffee extract is the perfect addition to baked goods or sweet beverages. Infused with astragalus, a well-known immune booster, this organic flavoring boosts brain function and fights bleakness.
 - Ingredients: organic coffee, vodka, astragalus root
 - Instructions: Put a dropperful in your tea, in your cookie batter, in whipped cream, or in place of vanilla extract in recipes. Take a dropperful straight when you need a pick-me-up. Coffee extract pairs well with chocolate, caramel, vanilla, or hazelnut-flavored items. Add to any baked goods like cakes, muffins, or pastries or pancakes and waffles.
- **PUMPKIN SPICE SEASONING WITH MACA** :: My take on the fall classic. Nutmeg heavy {pairs well with creaminess}. Mixed with the nutty maca root powder, famous for enhancing memory, mood and energy and for balancing hormones quickly.
 - Ingredients: cinnamon, nutmeg, cloves, ginger, allspice, sea salt, maca root powder, coconut sugar
 - Instructions: Sprinkle on buttered toast then drizzle with honey. Gently warm a cup of milk on low on the stovetop, add your sweetener of choice, sprinkle with the pumpkin spice seasoning, and stir. Add to yogurt with a drizzle of maple syrup and vanilla extract.
- ***BONUS* GINGER COOKIE LIP BALM** :: Delivers circulation and tingle for flushed, full lips.
 - Ingredients: coconut oil, beeswax, cocoa butter, ginger powder, vanilla, cardamom and cinnamon essential oils
 - Instructions: You know what to do!