



3 starters



30 minutes prep

herbal fire starters

ingredients:

- 1 tablespoon of powdered spices/herbs such as cinnamon, clove, all spice, five spice, cardamom, etc.
- 3 tablespoons of herbs, bark, etc. such as white sage, garden sage, cedar shavings, pine needles, pine cone pieces, juniper berries, black peppercorns, bay leaves, whole cloves, star anise, or cinnamon sticks.
- 1 cup wax {beeswax or soy wax}
- 6 inches of twine or wick, cut into 3 pieces
- baking cups
- chopsticks or scissors

instructions:

1. Heat wax in a double boiler until melted.
2. Add 3 baking cups to a muffin tin.
3. Pour a tiny amount of wax into the center of each baking cup. Place one piece of twine/wick into the wax, and keep in place by setting chopsticks or scissors over the top of each cup and balancing the wick between the sticks or blades of scissors.
4. Put powdered spices into cup, followed by the pieces of herb, bark and leaves.
5. Pour $\frac{1}{3}$ cup of melted wax into each cup and let cool.
6. Once cooled and hardened, remove baking cup from fire starter and cut wick to about 1.5 inches.
7. To start a fire, place starter under some kindling and light the wick!

the cuisine of health

- Many of these herbs, spices, and plants are cleansing and kill viruses and bacteria while purifying the air.