



6 servings



30 minutes

## *holy basil blueberry popsicles*

### *ingredients:*

- 4 tablespoons dried OR 1/2 cup fresh holy basil OR 3 bags of tulsi tea
- 2 cups blueberries {frozen or fresh}
- 3 tablespoons maple syrup
- pinch of sea salt
- 3 tablespoons lemon juice
- 1 teaspoon vanilla extract
- {optional} sprinkle of cinnamon

### *instructions:*

1. Bring 2 cups of water to a boil in a covered pot.
2. Turn off the heat and add holy basil to the water. Stir, cover and remove pot from heat. Let infuse 20 minutes.
3. Remove tea bags or strain leaves from tea and pour into blender with remaining ingredients. Blend well.
4. Turn off blender. Stir gently with a spoon to release any bubbles and gently tap the blender on the counter top to release more.
5. Pour into popsicle molds.
6. Freeze until firm... and enjoy!

### *food as medicine*

- Holy Basil helps your body adapt to the stresses of life. It...
- brings in clarity & focus
- supports healing of head traumas & PTSD
- balances blood sugar
- strengthens the immune, endocrine & nervous systems
- fights oxidative stress