



8 servings



15 minutes

nettle strawberry snow cone

ingredients:

- 1 cup chopped {preferably dried} nettle leaves
- ~2 cups organic cane sugar, preferably Sucanat/Rapadura {dehydrated cane sugar juice}
- 1 cup organic strawberries
- pinch of sea salt
- 1/2 teaspoon vanilla extract

instructions:

1. Make a nettle infusion. Add 1 cup of nettle leaves to a quart-sized mason jar. Fill the jar with almost boiling water, cover with a lid, and let infuse for at least 30 minutes.
2. When you're ready, strain the infusion. Measure how much liquid you have, and put it into a pot on the stovetop.
3. Add as much sweetener as you have infusion; 1:1 ratio. If you have 1 cup infusion, add 1 cup sugar.
4. Warm over low heat and stir until sweetener is completely dissolved. Leave lid off and let reduce for about 15-20 minutes until thickened or reduced by about half to make a syrup!
5. Carefully add warm nettle syrup, vanilla, salt and strawberries to a blender and blend until completely smooth.
6. Let cool and pour over shredded ice or snow!

The cuisine of healing

- Nettle leaves are highly nutritive and packed with vitamins & minerals.
- As an antihistamine, it helps with seasonal allergies.
- Nettles restore taxed adrenals and helps to rebuild from exhaustion & fatigue.
- The leaves support kidney & urinary system detox and cleanse and move toxicity from the joints & blood.
- Consistent intake of nettle leaves helps to heal acne, clear eczema, psoriasis and other skin conditions.