



6 servings



15 minutes

lemon balm bruschetta

ingredients:

- 3 medium, ripe tomatoes
- 4 tablespoons olive oil
- 1 tablespoon of balsamic vinegar
- 2 cloves of garlic, halved
- large pinch of sea salt
- freshly ground black pepper
- ~10 lemon balm leaves
- ~5 large basil leaves
- 1 baguette {sourdough, if possible}
- pinch of sucanat {unrefined sugar, optional}

instructions:

1. Slice baguette into medallions and toast until barely crisp.
2. Chop tomatoes and thinly slice lemon balm and basil leaves.
3. Add all ingredients, except bread and garlic, into a bowl and stir to combine well.
4. When the toast rounds are finished, carefully rub the cut side of the garlic half over the bread until you've covered the surface of each round of toast.
5. When ready to serve, top the garlic toast rounds with a heaping pile of lemon balm bruschetta.
6. Enjoy!

The cuisine of healing

- Lemon balm is known as "the gladdening herb". It makes you happy!
- calms anxiety, soothes nerves, boosts moods, lifts spirits
- highly antiviral and mends cold sores, herpes & shingles
- helpful for focus & ADHD in children and adults
- prevents nightmares
- eases grief and loneliness