

EMBRACE YOUR WOOWOO RECIPES

Nourishing Delights for the Authentic Woman

Elixir of the Goddess

You may be the kind of person who loves superfoods and smoothies or maybe not. Either way, this drink that I'm sharing with you is one of those things that is delicious and so full of nutrients your body will be thanking you for DAYS. I find it's best made with hot tea so it makes a lovely warm, chocolaty treat.

Ingredients for first step:

- your favourite tea blend
- 1 cup of water
- 2 tbsp gogi berries
- 2 tbsp unsalted almonds

To do first:

Make 1 cup of your favourite tea blend (I like to mix green tea with nettles, astragalus root and whatever other favourite herb my body wants) - boil the water and let the herbs steep for at least 30 min. Strain when steeping is complete.

While this is steeping, put 2 tbsp of gogi berries and 2 tbsp of almonds in water to soak. Make sure they are covered by the water. Drain water before blending with other ingredients.

When soaking/steeping is complete:

Put tea, gogi berries and almonds in a blender and add:

- 1 tsp raw cacao
- 1 tbsp hemp hearts
- 1 tbsp almond butter or tahini
- 2 tbsp coconut milk powder
- 1 tsp maple syrup (you may want to add more to taste)
- 1 tsp spirulina (optional)

Blend all together until frothy. If you prefer to not have any nut or seed particles, then you can strain the mixture in a nut bag or cheese cloth. I personally love the bits of nuts in my drink. I hope you enjoy the Elixir of the Goddess!

