

Self-Love Potion

Ingredients

- ½ cup water
- 1 Tablespoon sugar or honey
- 1-inch piece of ginger, sliced
- ½ teaspoon ground cardamom
- pinch of fine sea salt
- 1 cup oat milk



Nutrition Tip:
Cardamom and ginger are anti-inflammatory spices that support digestive health and the immune system.

Directions

1. Place water, sugar, ginger, cardamom and salt into a small pot and bring to a simmer over low heat
2. Stir to dissolve honey and let the mixture simmer gently for 15 min
3. Pour in oat milk and let it heat through until a few bubbles form. Turn of the heat and place a lid on the pot and let potion steep for 10 minutes.
4. To serve, pour through a sieve to catch ginger and cardamom. To create a little frothiness, pour into your favorite mug from high up.

Recipe adapted from

Good Enough; A Cookbook

by Leanne Brown

SCAN ME

