

EPISODE 2 - A RECIPE TO ENHANCE SLEEP

BEET + BERRY YOGHURT POT & CHAMOMILE TEA

TWO TYPES OF CHAMOMILE TEA YOU CAN MAKE FROM HOME

Lavender and Chamomile Tea

1/2 cup fresh chamomile flowers
1/2 cup fresh lavender flowers
1/2 cup apple mint leaves
2 whole lemons - juiced
1/4 cup honey

Instructions:

1. Use a kettle or large pot to boil water. Remove from heat and cool for 1 minute.

2. Add the chamomile flowers, lavender flowers, and mint leaves to a tea ball and infuse in the hot water. Steep for 5 minutes.

3. Remove the tea ball or use a fine mesh sieve to strain loose flowers and leaves.

4. Add lemon juice and honey to hot tea. Serve immediately.

Basic Fresh Flower Chamomile Tea

1 handful of fresh chamomile flowers (increase petal amounts for stronger tea)
8 ounces boiling water
2 apple mint leaves OPTIONAL

Instructions:

1. Harvest the fresh flowers by removing the entire flower head from the stem. Rinse the chamomile flowers in warm water and pat dry. Chamomile tea is best made using freshly harvested flowers. If necessary, it is possible to store flowers in the refrigerator for up to 48 hours. Wrap the petals in a wet paper towel and store in an airtight container.

2. Boil water in a tea kettle or large pot on the stove. Infusion tea kettles are the best option for fresh flower teas since they have built-in devices to keep the petals separated. Alternatively, you can use another infusion device such as a tea ball or cheesecloth as a makeshift tea bag. Always use pure or spring water and not hot tap water when brewing tea to preserve flavors.

3. Place flower petals in an infuser and let the tea steep in the kettle or pot for 5 minutes.

4. Remove the flower petals and optional mint leaves before pouring into a teacup. Enjoy!

BEET AND BERRY YOGHURT POT



INGREDIENTS

Yoats

2 cups / 500 ml plain thick yogurt, Greek or Turkish (vegans can use Coconut Yogurt)
1 cup / 90 g rolled oats
¼ cup / 35 g sunflower seeds
1 small apple, cored and roughly grated on a box grater
1 pinch ground vanilla or vanilla extract
1 tsp freshly grated ginger or ground ginger

INSTRUCTIONS

Place all ingredients for the yoats in a mixing bowl and gently stir to combine. Set aside. Meanwhile prepare the purée. Add all ingredients to a high speed blender and blend until smooth. Taste to see if more lemon juice, water or dates are needed. When done, mix ¼ cup of the purée with the yoats. Then divide the rest of the purée into 4 glass jars. Spoon the pink yoats into each jar. Eat right away or store in the fridge for up to a couple of days. Ideally make the recipe in the evening and serve for breakfast the following morning. Top with fresh raspberries, chopped mint and bee pollen before serving.



Beet & Raspberry Purée

1 cup / 125 g raspberries (fresh or thawed frozen)
1 small raw beetroot (approx 65 g / 2 oz), peeled and coarsely chopped or grated (depending on the strength of your blender)
½ lemon, juice
2 tbsp water
2 soft dates, pitted

