

## Turmeric

Turmeric paste:

Powdered Turmeric (preferably organic and fair trade. Can buy in bulk)

¼- ½ cup in a small sauce pan

Add ¼ cup hot water and stir adding more hot water to make a soft paste.

[www.truenorthbemidji.com](http://www.truenorthbemidji.com)

Heat on low, stirring, adding water as needed for about 15-20 minutes.

Put in a jar and store in refrigerator.



Hot drink:

2-3 cups of milk, nut milk, coconut milk. (don't use skim, the fat is important)

1 tsp - 1 TBS of turmeric paste.

½-1 tsp cinnamon

¼ tsp of powdered ginger or grated fresh ginger

Pinch or two of black pepper, or 6 peppercorns.

Honey or maple syrup to taste.

Heat on low for 10-20 minutes, to steam but not boil.

Note turmeric will stain porous things yellow.

Enjoy!

## Chaga

Break the chaga into chunks.

Place in a coffee grinder, food processor, or blender and turn to powder.

Steep in hot water for at least 10 minutes. The longer the better. It does not get bitter.

Use 1-2 teaspoons per cup of water.

Sweeten to taste.

Drink hot or iced.

May be stored in refrigerator.

## Ashwagandha

2 cups of milk (dairy, soy, almond, coconut, etc.)

1 level TBS of cut and sifted Ashwagandha or 1 tsp of Ashwagandha powder

Cardamom 2-4 seed pods or a pinch or two of powder.

Vanilla 1/8 tsp or less.

Simmer for about 12 minutes.

Strain and enjoy.

Or pour the hot milk over an ounce or two of dark chocolate for adaptogenic Hot Chocolate and stir as it melts!

Keep extra in the refrigerator for up to 4 days and reheat as needed.

If you use a low-fat milk consider adding a small amount of ghee or coconut oil. Fat is needed for complete extraction of the Ashwagandha. It is very smooth and pleasant though some will prefer a bit of honey or maple syrup for sweetness. And you can play with other spices, cinnamon is lovely. You can use this same recipe for Shatavaria, another adaptogen that is also liver protective.