

Working with aphrodisiacs can and should be light-hearted and fun!

BY SARAH JANE FAIRLESS

Check out my favorite mood enhancing herbal cordial recipe below. It's great to sip on its own but also works well mixed with coffee, hot chocolate, or as a "kahlua" type substitute in mixed drinks.

HERBAL CORDIAL RECIPE

In the Mood for Love

INGREDIENTS

4 parts Damiana	¼- ½ part Cayenne (if you like a kick!)
3 parts Cacao Nibs	Brandy, rum, vodka, tequila, or apple cider vinegar for non alcoholic version
½ part Cinnamon	Honey, agave syrup, or simple syrup to sweeten
½ part Cardamom	A jar with a lid, preferably glass
½ part Rose petal	
1 part Hawthorn berries	



A SPECIAL TIP FROM SARAH...

I also love it drizzled on ice cream or desserts!

The Medicine Making Process

1. Measure out herbs into your jar. You will want to fill your jar $\frac{1}{4}$ to halfway with herbs.
2. Pour your choice of alcohol or vinegar over your herbs covering by at least 2 inches or simply fill your jar all the way to the top.
3. Shake your jar and place in a cool and dark location for 2-4 weeks, returning to shake it again occasionally.
4. After the infusing period, press out your herbs using a fine meshed strainer or press cloth.
5. Rinse out your jar to remove any solids and return your pressed out liquid.
6. Add sweetener to taste. Start small and add more as you go to ensure that you don't overdo it!
7. Serving size is 1-2 ounces per person.



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