Annie's Tonic Brew

I created this drink to have for breakfast each morning to incorporate all the good tonic herbs I wanted to incorporate in my daily habits. Dandy blend offers liver support for cleansing and detox, cocoa powder antioxidants, adaptogens for stress management, maca for energy and mood, others for antimicrobial, anti-inflammatory and immune strength. It can easily be adjusted to meet any needs and makes a wonderful daily tonic for overall health and support.

INSTRUCTIONS

This can be adjusted to meet the needs and flavor profile of each individual. I use this as a base for adding palatable herbs and tinctures I want to take daily.

Mix the following powdered herbs in a large mug:

- *2 Tbsp Dandy Blend (purchase online or from local health food store)*
- *1 Tbsp cocoa powder*
- *1-2 tsp maca powder*
- *1 tsp-Tbsp adaptogen blend*
- *1 tsp Golden Goodness Mix (golden milk blend)*
- *1 tsp powdered mushrooms*
- *1/4 tsp nutmeg or grate fresh nutmeg on top*
- *pinch of Real salt*

Stir powders together and pour in 1 1/2 cups hot water.
Stir in 1 tablespoon of raw honey to taste and mix until well blended. At this point I also add in any daily extracts I'm taking as tonics such as raspberry leaf and vitamin blend.
Pour in 1/4 cup raw cream and stir to incorporate.

