Chickweed Cooler

All of the benefits of chickweed with the cooling benefits of cucumber and mint. Perfect for soothing and cooling heat and inflammation or to get your dose of vitamins and minerals.

INGREDIENTS

1 cup fresh chickweed
1 cucumber, chopped
1 apple, chopped
1 sprig of fresh mint
4 cups water

DIRECTIONS

Blend all the ingredients in a blender and strain out the pulp.
You can use the pulp as a fresh poultice!

