Heart Happy Sprinkle



INGREDIENTS

2 parts hawthorn berry powder
1 part cinnamon powder
½ part ginger powder
⅛ part cardamom powder

DIRECTIONS

Put all the powders in a spice jar and shake up. Use to sprinkle over hot cereal, toast, smoothies, and fruit salads. You could also make an herbal honey with this blend or sprinkle into other herbal teas.

