

Recipes from the Rebellion

Using the superstars of Ayurveda in your food.



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Making food your Medicine

Making food your medicine and making your medicine food, this has been the goal since Greek physician Hippocrates said, "Let food be thy medicine, and let medicine be thy food". Our Team and contributors from around the world have given us their favorite recipes that use our products in everyday foods to make this quote really mean something.

Without making our herbal helpers a regular and intrinsic part of our diet we can not begin to see what the physicians of long ago saw in their practices.

We encourage you to try these recipes and send us your own along with pictures and comments. Let's start treating our diets as though they were the single most important part of maintaining health and see what that does for us!

Quotes

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

Thomas A. Edison

The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison

Ann Wigmore

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.

Albert Einstein

Leave your drugs in the chemist's pot if you can heal the patient with food.

Hippocrates

An apple a day keeps the doctor away.

Benjamin Franklin

Food, medicine, beauty, and love. When we talk about them in English, they seem so different from each other. But looking at them from another perspective, they are not so different. Good food is a part of good health. Good health leads to good looks. Love surrounds it all. When we feed or heal, we share love. When we love and are loved, we are beautiful.

Alma Hogan Snell

Beverages



Moon Mylk

Recipe By: Lauren Less @lesswithlaur

- 1 cup almond milk
- 1 tsp honey
- 1 tsp Rebel Herbs Ashwagandha
- 1 tsp Rebel Herbs Cinnamon
- 1 tsp Rebel Herbs Ginger
- 1 tsp Rebel Herbs Turmeric
- Optional rose petals

Warm milk on low to med heat in a saucepan. Stir in honey and herbs until smooth. Enjoy before bed!

Berry Smoothie

Recipe by: Amanda Chaplin @theholistic.honey

- 1 organic banana
- 1 cup filtered water
- 3/4 cup organic frozen mixed berries
- 1/4 cup organic dark cherries
- 1 cup organic frozen mixed kale and spinach
- 3 tbsp organic hemp hearts or seeds
- Collagen of your choice
- 1 scoop Rebel Herbs Amla
- 1 scoop Rebel Herbs Turmeric
- 1 scoop Rebel Herbs Ginger



Turmeric Lemonade

Recipe by: Amanda Chaplin @theholistic.honey

2 Cups Filtered Water
1-2 Lemons
1-2 Scoops Rebel Herbs Turmeric
Stevia or Monk Fruit Sweetener (to taste)
Hint of Black Pepper
1 tsp Coconut Oil

Melt coconut oil and put to the side. Squeeze lemons into a large glass. Add the turmeric powder, black pepper, coconut oil, and water and shake or mix well until even. You can also do this in a blender!



Gingerbread Matcha Latte

Recipe by: Amanda Chaplin @theholistic.honey

1-2 tsp of matcha powder of your choice
1 tsp vanilla extract
2 scoops of Rebel Herbs Ginger
1 scoop of Rebel Herbs Cinnamon
1 cup dairy free milk of choice
Collagen peptides (optional, but makes it extra creamy)
Stevia to taste

Blend all of the ingredients in a high speed blender, heat in a pot on the stove until at your desired temperature and enjoy!

Dr. Sweet's Golden Milk Night Time Beverage

Recipe By: Dr. Juliette Sweet, ND

Serves: 2

Ingredients:

2 ½ cups milk or milk alternative

½ teaspoon of Rebel Herbs Turmeric powder

¼ teaspoon of Rebel Herbs Cinnamon powder (Ceylon cinnamon stabilizes blood sugar and is best for nighttime support)

¼ teaspoon of Rebel Herbs Ginger powder

¼ teaspoon ground nutmeg (nutmeg is a natural sedative which will help with sleep)

Pinch of black pepper (black pepper helps the absorption of turmeric)

Pinch of Cardamom (optional) - may be too heating for some in addition with black pepper.

1 tablespoon of raw, unfiltered honey. Add at the end as to not destroy the enzymes, immune and blood sugar stabilizing benefits

1 teaspoon of ghee or coconut oil (optional) - healthy fats will assist in sustained sleep and a happy brain ☺



Instructions:

In a small saucepan, add milk or milk alternative, powdered turmeric, cinnamon, ginger, nutmeg, black pepper, cardamom, and coconut oil/ghee if desired. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 5 minutes - whisking frequently and incorporating any clumps into the liquid. Turn off heat and let cool slightly, then add raw, unfiltered honey.

Serve immediately, dividing between two glasses. Hop into bed and relax by reading, listening to yoga nidra or just drifting off to sleep if you are ready.

*If you desire spicy, add more ginger, and if you desire a little sweeter, add more honey. If you like it creamier, add the ghee or coconut oil and use an immersion blender to make it frothy.
Yum!

Holy Basil Hot Toddy

Recipe By: Dr. Juliette Sweet, ND

RECIPE

3/4 cup hot water

3 tsp. Holy Basil Honey or Syrup

6 tsp bourbon (optional)

6 tsp organic lemon juice

Add all ingredients to a cocktail shaker. Shake and strain into a hot toddy glass and garnish with a cinnamon stick.



Pain Free Coco

1 cup unsweetened almond milk

1 Tbsp unsweetened cocoa powder

1 1/2 Tbsp dairy-free semisweet chocolate (chips or bar, chopped)

1 Tbsp raw sugar

1/4 tsp Rebel Herbs Boswellia

1/4 tsp Rebel Herbs Turmeric

1/4 tsp Rebel Herbs Cinnamon

Add almond milk to a saucepan over medium heat. Once milk is warm, add cocoa powder,

chocolate and sweetener and whisk to combine. Continue cooking on stove top until completely combined and come up to temperature. Taste and adjust sweetness as needed.

Lastly, add in the Rebel extracts, and stir until combined.

Serve warm or on ice 2 times a day.

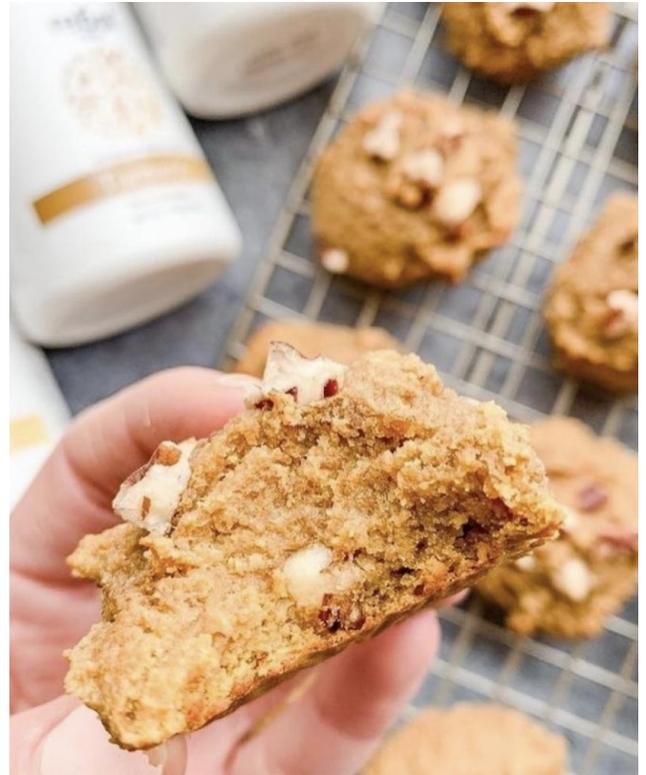
Baked Goods

Golden Mylk Latte Breakfast Cookies

Recipe by: Sky @skysrootedkitchen

3 ripe bananas
1/3 cup non dairy milk
1/4 cup maple syrup (optional)
3 tsp organic instant decaf coffee powder
1 tsp Rebel Herbs turmeric powder
1 tsp Rebel Herbs ginger powder
1 tsp Rebel Herbs cinnamon
1/4 tsp salt
1 tsp baking powder
1/2 tapioca or arrowroot
3 cups almond flour
Optional Mix ins: 1/4 chopped pecans, 2 T flax meal, or
2 T hemp seeds

1. Blend the bananas, milk, maple syrup, coffee powder, turmeric, ginger, cinnamon, and salt on high until liquid
2. Pour mixture into a medium bowl and stir in the baking powder, tapioca or arrowroot, and almond flour until a wet dough forms. Add the optional mix-ins at this point!
3. Drop spoonfuls of batter onto a baking pan lined with parchment. Recipe makes about 2 dozen cookies!
4. Bake for 10-15 minutes at 350 F or until lightly browned on top
5. Enjoy warm or cold for breakfast or as a yummy snack!





GF/Vegan Ginger Sandwich Cookies

Recipe By: Lauren Less @lesswithlaur

1/4 cup coconut oil
1/2 cup coconut sugar
1 cup almond flour
1 cup Bob's Red Mill paleo flour
1 tsp baking powder
1 tsp baking soda
1 tsp Rebel Herbs Ginger
1 tsp Rebel Herbs Cinnamon
Dash of salt
1 tbsp honey (or maple syrup)
2 tbsp almond milk
1 tsp vanilla
1 container frosting (We recommend the brand Simple Mills)

Preheat the oven to 350° F. Combine coconut oil + coconut sugar in a bowl.

Add in remaining dry ingredients. Stir in wet ingredients. Scoop dough onto a baking sheet to form cookies.

Bake for 12 min. Allow cookies to cool completely before spreading frosting between two cookies to make a sandwich. Enjoy!

Herbal Flourless Chocolate Cake

Dairy Free Herbal Flourless Chocolate Cake

For the cake

- 1 cup dairy free chocolate chips
- 8 tablespoons dairy free butter or coconut oil
- 3/4 cup coconut sugar
- 4 scoops Rebel Herbs Ashwagandha
- 4 scoops Rebel Herbs Holy Basil
- 2 tsp vanilla extract
- 3 eggs
- 1/2 cup cocoa powder

Preheat the oven to 350 degrees. Melt chocolate chips in the butter (or oil) and mix until smooth. Place in a large mixing bowl and whisk together with the eggs and vanilla. In another small bowl combine the herbs and coconut sugar and then add to the liquid mixture stirring until evenly mixed. Finally, slowly add in the cocoa powder and mix until smooth. Bake in an 8 inch round pan for 20 minutes. A crust should form on the top of the cake.

For the frosting

- 1/4 cup dairy free chocolate chips
- 1/4 cup canned coconut cream
- 2 scoops Rebel Herbs Ginger (optional)

Combine chocolate chips and coconut cream on low heat on the stove top in a small pot. Once melted, add in the herbs and take off the heat to let cool. Spread evenly on the top of the cake once the cake is cool, let harden and enjoy!



Extras

Herbal Grass Fed Marshmallows

Recipe by: Amanda Chaplin @theholistic.honey

- 2 scoops of grass fed gelatin
- 1 cup raw honey
- 1 cup filtered water
- 1 tsp vanilla
- 1-2 scoops Rebel Herbs Cinnamon
- 1 scoop Rebel Herbs Turmeric
- 1 tbsp coconut sugar or golden monkfruit sweetener
- 2 tbsp organic coconut oil
- Tapioca or arrowroot powder/starch (for dusting)
- ¼ cup dairy free chocolate

In a bowl fit for an electric mixer whisk together the gelatin and 1/2 cup of water. Set this aside and let it become jell-o like, this is called “blooming”. Take a saucepan and on low to medium heat melt together the other 1/2 cup of water and the honey. Let this simmer and mix constantly for about 12-15 minutes.

Take a square or rectangular container of choice (be mindful this makes a lot of marshmallow fluff) and line with unbleached parchment paper. Rub with 1 tbsp of coconut oil and then dust the bottom and sides with arrowroot or tapioca. Combine the spices and the sugar in a bowl on the side.

Turn the electric mixer on low and slowly add the hot honey and water into the bowl and let mix until it melts the gelatin. Then add in the vanilla, 1 tbsp of coconut oil and mix on high speed until it turns white and forms stiff peaks. Pour slowly into your container and then top with the herbal spice mix. Let sit for 6 hours in a cool but room temp space. Once set, remove from the container and cut into desired shapes. Melt 2 squares of chocolate with a little coconut oil, drizzle and serve!



Medicinal Pumpkin Soup

Recipe By: Dr. Juliette Sweet, ND

Serves: 4-6 bowls, depending on size

Ingredients:

3 lbs. sugar pumpkins or 2 cans pumpkin puree
2 cups chopped carrots
5 cloves of garlic, chopped
2 Tbsp. of coconut oil, olive oil, ghee or butter
2 cups of chicken, vegetable or homemade bone broth
1 can of coconut milk
1/4 tsp. nutmeg
1/4 tsp. cloves

After cooking but before serving, add the following ingredients to soup and stir well:

1/2 tsp. Rebel Herbs Turmeric powder
1/4 tsp. Rebel Herbs Ginger powder
1/4 tsp. Rebel Herbs Cinnamon powder

Directions:

Preheat oven to 400 degrees

Cut the pumpkin in half and remove seeds. You can roast the seeds for a tasty soup garnish
Place pumpkin face down in a baking pan with water in the bottom, cover with foil
Put chopped carrots in an oven pan with 1 Tbs. choice of oil and roast along with pumpkin
Cook until soft (1-1.5 hours depending on size) and follow instructions below while you wait.

While pumpkin and carrots cook or if using cans of pumpkin and raw carrots, start here:
Add 1 Tbs. choice of oil to stockpot and sauté chopped garlic on medium heat for 5 minutes.

Add soup stock of choice, nutmeg, and cloves, turn to low and let simmer until pumpkin and carrots are done if you have them in the oven. If you are using cans of pumpkin and raw carrots, add them to the stockpot now and let simmer until carrots are cooked, about 30-45 min.
If using fresh pumpkin flesh and oven roasted carrots, add to the stockpot when cooked.

Stir in coconut milk, and turn heat off, then stir in medicinal spices of Turmeric, Ginger, and Cinnamon.

Puree everything together with a handheld immersion blender. Alternatively, let soup cool, then blend in a regular blender.

Top with roasted seeds. Add salt, black pepper and cayenne pepper to taste



Holy Basil Honey (Syrup)

Recipe By: Dr. Juliette Sweet, ND

1/2 teaspoon Rebel Herbs Dual-Extracted Holy Basil
4 ounces of local, raw, unfiltered honey

Mix well

To make into a syrup, you can add fresh - squeezed lemon juice: 1 small lemon or 1/2 a large lemon, use a strainer while adding the lemon juice so the seeds and pulp don't fall into the honey.

Keep in the refrigerator.



Sexy Summer Popsicles

Summer is just around the corner and this recipe will allow men to have some fun with their herbal tonics. Safed Musli is a well known aphrodisiac for men and is vigorously promoted online for various male related benefits.

Make a batch of these pops and keep them in the freezer as a wonderful way to spice up the night and still get your daily dose.



3 oz. Popsicle molds
1 1/2 cup Applesauce
Safed Musli Powder

Fill each mold with applesauce and mix 2 full scoops (about 1/2 tsp) on Safed Musli in each one. Mix it thoroughly until no powder is visible. Then add the stick and freeze for at least 6 hours. Take them out and enjoy (even in bed).

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