



LOULA NATURAL
Serve Your Cells

Lemon and sage Cordial

Throughout its long history of use, Sage has been thought of as a powerful and protective herb. It was one of the ingredients of Four Thieves Vinegar – a mix of herbs which was made to prevent the plague. Often found hung in doorways as a protector (especially in Europe) or used in purification rituals in many cultures.

Known as the “thinkers tea” Sage is one of those surprising “all over good health” foods. It is very distinguishable and has an amazing aroma with a tactile appearance. Grey-green, soft leaves with visible fine hair-like growing on both sides. The leaves can grow to about 2.5 cm and look very delicate but are strong and rich in nutrients with health promoting and disease preventing capabilities. Combined with lemon and raw honey, this cordial is both delicious and nutritious.

Sage is also cooling for the body and contains phyto-oestrogens which may be helpful for hormone balancing.

INGREDIENTS

Juice of 4-5 lemons
2-3 tbsp of Raw Honey
5-6 fresh sage leaves or 1 tsp dried sage

INSTRUCTIONS

1. First make the mix as above and store in an air tight jar.
2. Use 1tbsp of the mix in your jar for each cup.
3. You can use cold, sparkling or warm water but do not use boiling water.
4. Stir in the cordial
5. You can have a glass by your bed to drink if you feel heated in the middle of the night.
6. Store jar of cordial in the fridge.

Prep time:
5 mins

Cooking time:
n/a

approx 8-10
servings

**RECIPE:
LEMON AND SAGE
CORDIAL**