

# Anise Hyssop Banana Slush

2 Tbsp. Anise hyssop dried leaves

2 cups distilled water

½ cup almonds plus water for soaking

1 banana frozen

2 Tbsp. honey

2 tsp. blackstrap molasses

Make Anise hyssop tea by pouring 2 cups of boiling distilled water over the Anise hyssop leaves. Cover and steep for 15 to 20 minutes. Strain out the leaves and add the 2-Tbsp. honey to the tea. Refrigerate until cold.

For the milk: Soak ½ cup of almonds in water for 8 hours. Strain the almonds and add them to the blender with the cold hyssop tea. Blend well and strain out the pulp through a straining cloth.

Put the liquid back into the blender with a frozen banana and 2 teaspoons of blackstrap molasses. Blend well.

Recipe by Jo Francks