

Mallow-licious Smoothie or Popsicles

1 T. Marshmallow cut herb
1 T. Licorice root cut herb (or omit and use 4-5 medjool dates)
2 C. water
2 Bananas
1-2 C. non-dairy milk (coconut or almond milk is great)
1 T. honey or maple syrup or an additional medjool date or two
1 t. vanilla extract
Dash of natural salt
2 T. cocoa or cacao powder
Ice

Place cut herbs in 2 cups of distilled water and simmer on low for 20 minutes. Strain off the herb and cool the tea. Place cooled tea, bananas, non-dairy milk, sweetener, vanilla extract, salt, cocoa powder and ice in a blender and mix until smooth. You can freeze these into popsicles or serve as a smoothie. A great way to add some great nutrients and wonderful herbal properties into your family's diet!

Recipe by Kelly Pomeroy