

Cabinet Creations

Mineral Broth Blend

• Mineral Rich • Food Based Nourishment • Gentle Replenishment

Prep:

- 5 Minutes

Shelf life:

- 12 Months

Ingredients:

- dried nettle
 - oatstraw
 - dandelion leaf
 - parsley
 - kombu (optional)
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Method:

- Combine herbs in a mixing bowl.
- Break larger leaves into smaller pieces.
- Mix evenly and transfer to airtight jar.

Use:

- Add a small handful to soups, broth, beans, or cooking grains.
 - Simmer with food, then strain if desired before serving.
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Apothecary Notes:

- Nettle - Rich in iron, magnesium, calcium, and trace minerals. Supports energy, mineral rebuilding, and gentle daily nourishment.
 - Oatstraw - Provides calcium, magnesium, and nervous system support. Traditionally used for stress, tension, and long-term mineral replenishment.
 - Dandelion Leaf - Naturally high in potassium and supportive to fluid balance. Helps replenish electrolytes and gentle digestive stimulation.
 - Parsley - Adds vitamin C, iron, and trace minerals. Brightens the blend while supporting kidney and fluid balance.
 - Kombu (optional) - Provides iodine and ocean-derived trace minerals. Supports thyroid function and deep mineral nourishment - use in small amounts.
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