

# Cabinet Creations

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## Trace Mineral Honey

• Trace Minerals • Gentle, Daily Support •

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### Prep:

- 5 minutes
- (+ infuse time)

### Shelf life:

- 12 months

### Ingredients:

- 1 cup raw honey
  - 1 tsp nettle powder
  - 1/2 tsp dandelion root powder
  - pinch kelp
  - optional: pinch cinnamon
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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:

- Raw Honey - Provides gentle energy and helps deliver minerals in an easy-to-take form. Traditionally used as a carrier for herbal preparations.
  - Nettle Powder - Rich in iron, magnesium, and trace minerals. Supports energy and daily mineral replenishment.
  - Dandelion Root Powder - Supports digestion and mineral absorption. Adds gentle liver and metabolic support.
  - Kelp Powder (optional) - Provides iodine and ocean-derived trace minerals. Supports thyroid and deep mineral nourishment.
  - Cinnamon (optional) - Supports circulation and warmth. Adds mild flavor and digestive support.
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