

Cabinet Creations

Mineral Replenishing Herbal Salt

• Trace Minerals • Gentle, Daily Support

Prep:

- 5 Minutes

Shelf life:

- 12 Months

Ingredients:

- 1 cup mineral salt
 - 2 tbsp nettle powder
 - 1 tbsp dandelion leaf powder
 - 1 tsp kelp powder
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Method:

- Mix thoroughly and store in jar.

Use:

- Sprinkle lightly over meals, stir into broth, or add a small pinch to warm lemon water.
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Apothecary Notes:

- A quiet way to replenish minerals often depleted during colder months. Especially supportive when diet becomes repetitive, fresh foods decrease, or fatigue and tension begin to build. A small daily pinch is often enough.
 - Mineral Salt - Provides broad trace minerals for hydration and daily replenishment. Use Celtic, Redmond, Himalayan, or grey sea salt.
 - Nettle Powder - Rich in iron and magnesium for gentle mineral support.
 - Dandelion Leaf Powder - Potassium-rich herb that supports fluid and electrolyte balance.
 - Kelp Powder - Adds iodine and trace minerals. Use sparingly.
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