Adaptogen herbs are defined as non-toxic substances that help the body adapt to stressful situations while also normalizing our physiological states. Of course, adaptogen herbs don’t take away stress, but they can improve our response to stress. Most adaptogens are gentle and nourishing, which can be taken long term for best results.

Many herbalists use teas and tinctures as a way of taking herbs. The following recipe explores another traditional use of herbal medicine by mixing powdered herbs into a paste that can be eaten.

But first, let’s explore the herbs we’ll be using today.

**Ashwaganda** (*Withania somnifera*): This herb comes to us from India (also called Indian Ginseng). It’s a wonderful restorative tonic especially suitable for people experiencing nervous exhaustion that manifests as insomnia. This herb is a slightly warming and gentle yang tonic.

**Shatavari** (*Asparagus racemosus*): This is another Indian herb that restores a person’s energy level from a worn out and fatigued state. Often used in cases of female or male infertility, this adaptogen is very nutritive. It’s considered an immune system tonic, too.

**Eleuthero** (*Eleutherococcus senticosus*): This herb was also recently called Siberian Ginseng. It’s a gentle adaptogen that’s appropriate for most people. David Winston reports that he uses it for people who “work hard, play hard, and hardly sleep.” Like other adaptogens, eleuthero supports the immune system and can be taken for extended periods of time.

**Licorice** (*Glycyrrhiza glabra*): This sweet-tasting root may be the most commonly used herb in China as it’s often added to formulas as a balancer. Licorice has a multitude of uses including soothing dry spasmodic coughs, aiding digestive ulcerations, and healing cold sores. As an adaptogen it regulates the immune system, improves energy levels, and restores balance to the body. It should not be used long term or in large dosages for people with hypertension.

*For best results, I recommend buying many of the herbs already powdered...*
WHAT YOU’LL NEED...

- 1 cup tahini (sesame paste)
- 1/3 cup almond butter
- 1/2 cup honey
- 1/2 cup chopped almonds
- 1/2 cup ashwaganda powder
- 1/2 cup shatavari powder
- 1/2 cup eleuthero powder
- 1/4 cup licorice powder
- 1 teaspoon cinnamon powder
- 1/2 teaspoon nutmeg powder
- 1/2 teaspoon cardamom powder
- fresh orange zest
- 1/2 cup cocoa nibs (can substitute chopped chocolate chips if necessary)
- 1 cup shredded coconut

Begin by mixing all the powdered herbs together. Set them aside once they are combined well.

Over low heat, gently warm the nut butters and honey, stirring constantly. The goal of this isn’t to cook the mixture but rather to warm it just enough to help mix it together. Once it has warmed enough to form a consistent mixture, remove from heat.

Immediately stir in the chopped almonds followed by the herbal powder mixture. The end result should be a soft and pliable dough mixture.

If necessary, add more nut butters or powders until you get desired results.

After the paste has cooled down, add the cocoa nibs. If added too soon the heat from the mixture could melt them.

After everything is combined, form about a Tablespoon of the dough into a ball. You can then roll this ball in a bed of coconut and orange zest.

These balls can be stored in an airtight container in the fridge. In our house, we eat one to three a day.

*Yield: roughly 40 Tablespoon sized balls*
This chai tea boasts the powerful immuno-supportive benefits of sweet herbs like astragalus and codonopsis alongside the delicious pungent spices of ginger, cinnamon, cardamom, cloves and pepper.

Because chai takes about an hour of simmering I love making chai tea on the wood stove. Very energy efficient!

For those of you without a wood stove you might prefer using a crock pot for this chai. Simply put all the ingredients in a crock pot and leave it on low overnight. You’ll wake to the spicy warm smells of chai tea.

**WHAT YOU’LL NEED...**
- 10-15 small slices astragalus root
- 2 tablespoons of codonopsis root
- 2 tablespoons of ginger root
- 2 tablespoons dried orange peel
- 1 tablespoon of cinnamon chips
- 1 teaspoon of peppercorns
- 1-2 cardamom pods
- 3-5 allspice berries
- 1/4 teaspoon of cloves (about 3-5 cloves)
- 1 and 1/2 quarts of water

Place all the ingredients in a pan.
Bring to a boil.
Simmer for one hour.
Strain.
Add milk and honey if desired.
This is one of my favorite tea blends. It combines the rich roasted flavor of the chicory and dandelion with the immunosupportive adaptogen qualities of reishi mushroom.

The blend has numerous benefits, but it’s especially supportive to liver health.

**WHAT YOU’LL NEED...**

- 10 grams roasted dandelion root
- 7 grams roasted chicory root
- 6 grams reishi mushroom
- 12 ounces of water

Simmer the roots and reishi for 45 minutes to an hour.
Strain. Add milk and/or honey, if desired. I love to sip this while eating another one of my favorite bitter tonics such as dark chocolate.